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jiu-jitsu magazine™

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Discovering the
BRAZILIAN NECKTIE

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MACKENZIE DERN

September 2015 Issue 36

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ON THE COVER: Mackenzie Dern unwindes a little bit. Photo: Patrick Flores

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MEET THE STAFF

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Marcus "Buchecha" Almeida,
World Champion

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JUST ASK

WHEN I BEGAN PRACTICING JIU-JITSU, I ADMIT THAT I BROUGHT SOME EGO ALONG WITH ME. I couldn't help, but think that I was special and that somewhere in my DNA were these Jason Bourne type instincts that would tell me what to do when faced with a looming triangle choke, or how to naturally react when I was wearing someone like a backpack. When I'd slap hands, I'd take a look at my opponent's belt and count the stripes if it were another white belt, or I'd imagine myself battling for the championship against a blue belt. Thankfully, I learned fairly quickly that I was just being a d!¢k. How did I come to this epiphany? By getting my butt kicked. It didn't take long before I realized that rather than trying to swim upstream, it was a much better decision just to go with the flow. I began to focus more on my defenses and escapes rather than submissions. I read Saulo Ribeiro's book "Jiu-Jitsu University" and it really resonated with me when he said to just learn to survive at white belt. This piece of advice helped me build my foundation in jiu-jitsu. Today, when I roll with white and some blue belts, I'll sense this same touch of ego in their game. Sure, I'll let them go down the path they're choosing, but then I'll shut the door when I think it's time to teach. And when I'm taught a lesson, which happens often, I don't hesitate to ask questions: "How did you know I was going to do that?" When did you realize what you had?" "How can I defend that?" I've yet to come across someone who wasn't willing to give me some friendly insight. In my years of practicing jiu-jitsu, I've discovered that the most important technique a student can learn is the art of asking questions. Most of the time the person on the other end will be flattered and eager to share their wisdom. Many times before I've seen some of the best black belts in the world spar and then immediately break down their techniques for each other right after. But don't start asking your questions as they're "about" to finish you; that's a d!¢k move. Fight it, defend it, and if they get the sub, wait until you're done sparring to pick their brains.

Asking questions is one of the easiest ways to accelerate your learning and understanding of jiu-jitsu. In order to discover this fact for yourself, all you have to do is ask. [see what I did there?]

Keep Rolling,

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Yuri Simoes
2014 Double Gold
NoGi World Champion

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COMPETE LONG AND PROSPER

WAIT, THAT'S NOT QUITE HOW THE SAYING GOES, BUT IT DOESN'T MATTER, YOU'RE ONE OF THE LUCKY 300 THAT MANAGED ONE OF THESE ULTRA-LIMITED OFFICIALLY LICENSED STAR TREK SPOCK GI FROM FUSION FG. Didn't you know that Spock was a grappler? Of course he was, it's only logical that he would fully embrace the jiu-jitsu lifestyle. Like the Hadoken Gi we showed you last month; the Spock Gi is made of 550 gsm Japanese pearl weave that's soft to the touch and the pants are made of twill. The seams are triple-stitched, and knees reinforced. All that and this super logical Spock Gi carrying bag. We've left ou some other details that Star Trek nerds will geek out on.

MANTO goes Hollywood

MANTO's "Warrior" rashguard went along for the ride with the Griswold family in this year's refresh of the classic flick "Vacation" starring Ed Helms and Christina Applegate. Young Kevin Griswold is seen many times in the movie sporting the "Warrior" rashguard. It's probably too late to catch Vacation in theaters, but be on the look out for the DVD soon.

Mantofight.com

BJJ Tour Going to Azusa

The BJJ Tour Series will make it's first ever stop in Azusa California, deep in the heart of Southern California. The stop takes place on September 12th and is open to gi competitors ages 4 and up! The host location is Felix Event Center on the campus of Azusa Pacific University. The same arena will host the IBJJF No-Gi Worlds later this year. We'll be at the BJJ Tour event covering and competing. By the time you read this, there still might be time to sign up, or at least come out and cheer on your friends.

Bjjtour.com

IT'S SPREADING!

If you've paid attention to any action sports in the last few years, you're more than likely seen the VIRUS brand before. VIRUS is a brand that's taken the term high-performance to a whole new level by introducing some science into many of their apparel products. Nate is shown here wearing one of VIRUS' Men's Stay Cool Compression V-Neck's, also known as a rash guard. But what makes this product unlike anything on the market is the CoolJade™ technology. The material is engineered to stay cooler than similar products via recycled jade stone that's nano infused to each and every strand of fabric. According to VIRUS, this means that when combined to the ultra-wicking construction of the rashguard you should see skin surface temperature up to 10° F cooler than other compression gear. We've had a chance to try out both the Compression V-Neck in both short and long sleeve along with the Compression Pants, and we can vouch for the AC in your pants effect. Although VIRUS current line up is suitable for no-gi grappling or to wear under your gi, they're working on a complete lineup of grappling specific gear that may also include ranked rashguards featuring the CoolJade™ technology. Also shown on Nate are the Disaster Combat Shorts. These are perfect for no-gi training or MMA, they've got a 2" slit on the side panel along with a short 6" inseam that helps give you complete freedom of movement. Sometimes when shorts are too long, the cuff can get caught on your knee. The Disaster Combat Shorts are also engineered with CoolJade™. Look for reviews of both the Compression V-Neck and Disaster shorts in a future issue. Until them check out their website for more details.

Virusintl.com

CUT THE SUGAR

UNFORTUNATELY, SUGAR IS ONE OF THE MOST COMMON INGREDIENTS IN OUR DIETS TODAY. Not only does the over consumption of sugar lead to many long-term negative health effects such as diabetes, impaired immune system, and chronic diseases; but it's probably why you have to sign up in medium heavy when you should be a middle weight! If you haven't already do an audit of your regular diet. Cut out the sugary drinks first. This is the low hanging fruit, next look for things like simple carbs like white flour and unrefined sugars. These are many breads, breakfast cereals, and pasta. Reducing or eliminating many of these indulgences from your diet is a relatively easy way to keep healthy in the long run while making your next competition that much easier. If you've struggled with this before, don't try to tackle it all at once. Take each day one at a time, over the course of a month all the small things you've intentionally avoided will add up. You'll see the results on the scale, then on the mats!

HIGH FIVE!

The much talked about FIVE Grappling Super League took place recently. The event took place at Studio 540 in Solano Beach California; a pair of 8-competitor brackets ran down to one winner in each taking home 10G's! Each match was 6 minutes in length with points. In the Men's No-Gi bracket, Tim Spriggs of Team Lloyd Irvin ended up with the win. Spriggs first matchup was against Bruno Bastos, who we won over based on referee's decision with no points for either of them. In the second round, Spriggs defeated Lucas Rocha by points. In the Final Spriggs defeated a hard-charging Yuri Simoes by just two points to take home the belt.

In the Women's Gi bracket, it was Mackenzie Dern showing why she's one of the most dynamic fighters in the sport. Mackenzie submitted, in order, Tammi Musumeci, Fabiana Borges, and Karen Antunes. The three straight submissions sent her home with the big belt and the big check.

The two super fights both went into overtime after 10-minute sub-only periods. The first between Keenan Cornelius and Otavio Sousa was won by Keenan 4 points to none when the time ran out. The super fight between Garry Tonon and Joao Miyao was one of the most exciting examples of submission wrestling we've seen in a long time. Garry Tonon was relentless in his continual assault to Joao's legs. To the disbelief of many in attendance, Joao managed to weather the storm. After a 16-minute battle, it came down to a referee's decision. Even though Joao was assessed a penalty for contesting a referee's call, the final decision was based on the first criteria of aggressiveness that went to Garry.

The event went off without a hitch and provided some pretty exciting matchups. We hope that it's the first of many from FIVE Grappling. You can catch a replay at their website.

Fivegrappling.com

Put a Lid On It

After an intense training session, your hair looks like horrible. Why bother trying to fix it, just put a lid on it. Check out these new lids from Senso BJJ. We're especially fond of the Snapback Trucker Signature, but they're all pretty cool.

Sensobjj.com

MACKENZIE DERN

WARTRIBEGEAR.COM

SUB SERIES LOOKS TO DEFY CONVENTION

Submission only invitationals are rapidly gaining popularity. At the forefront of this trend, Submission Series Pro has put together some very potent lineups that have quickly become fan favorites.

Some of the submission only invitation style events put together match ups that are rather even, pitting competitors against each other who have very little to gain from pushing the pace. The key to success for Submission Series Pro is deliberate mismatches. By setting up matches between competitors who are considered to be on different levels, each competitor is encouraged to be much more aggressive.

The brand of Submission Series Pro has attracted a lot of buzz by putting together these sorts of cards because the resulting matches are faster paced and more entertaining than other those on other promotions. When the "big name" wins a match, more often than not it is with a slick and unexpected submission. While, when the underdog wins, everyone inherently roots for them because who doesn't like seeing an underdog win?

A common misconception is that pitting two amazing competitors against each other will inherently yield an entertaining match. Competitors play a sort of game, very often finding themselves less interested in winning decisively than in merely avoiding defeat. A submission only format coupled with the implied potential losses and victories that mismatches yield encourage a greater level of "hunger" from each competitor. For the underdog, even a draw is a victory, and achieving a submission can be career changing. On the other hand, the "big name" views a draw as a loss and needs that submission victory for the match to be a success.

Another key element that makes Submission Series Pro special is that it showcases talent at more than one level. Other Submission Only events tend to focus entirely upon and invite high level, world-class black belts. However Submission Series Pro has invited competitors of as low a rank as blue belt, and has pitted lower ranks against higher ranks, again part of their deliberate mismatch concept that has made them so popular.

Past editions of the event are readily accessible on the internet, and there are already several future incarnations in the works. The next event will be on September 12th in Halifax Nova Scotia featuring WSOF and UFC veterans among others, with future dates to be announced. **See submissionseries.ca for more details.**

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CTRLINDUSTRIES.com

Show Me The Money!

The fight continues, on Saturday, August 1st, the NUC (NEWBREED ULTIMATE CHALLENGE) was in Suwanee, GA for the Georgia State Open. It was the third installment of the 2015 Georgia Tournament Series. Athletes from Tennessee, Alabama, South Carolina and as far south as Florida all came out to compete. The teams were going at it hard, but ultimately Gracie Barra placed first in the Youth Division and Team Traven claimed first place in the Adult Division. The tournament also featured the TUG (The Ultimate Grappler) Qualifier. It was a stacked bracket, but Tyler Driskell of Creighton MMA proved his worth. He was victorious and earned his spot in the TUG Finale that will take place on November 21st in Orlando, FL for a Grand Prize of $2,500. For more information about TUG or the nationwide NUC, schedule check out the Newbreed website. **newbreedUC.com.**

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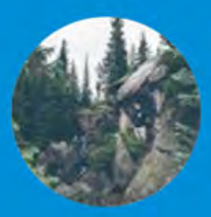
THIS MONTH ON THE WEB

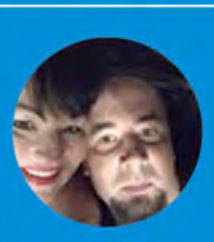
If you could be the absolute best in the world at one particular submission what would it be and why?

Bong Abad Bow & arrow, i just think it's a beautiful submission.

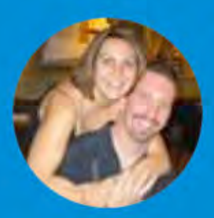


Mike Calimbas Heel hooks! So I could face Palhares and avenge his victims!

Clarence Everett Jr. Rear naked choke, good in and out of the Gi and offers the best of dominant positions.



Casey Dekker Standing titty twister or toe holds



Mike Caligiuri Triangle. There is something about wraping your legs around someones neck and choking them.

Quincy Spruill Armbar duh

Favorite Memes

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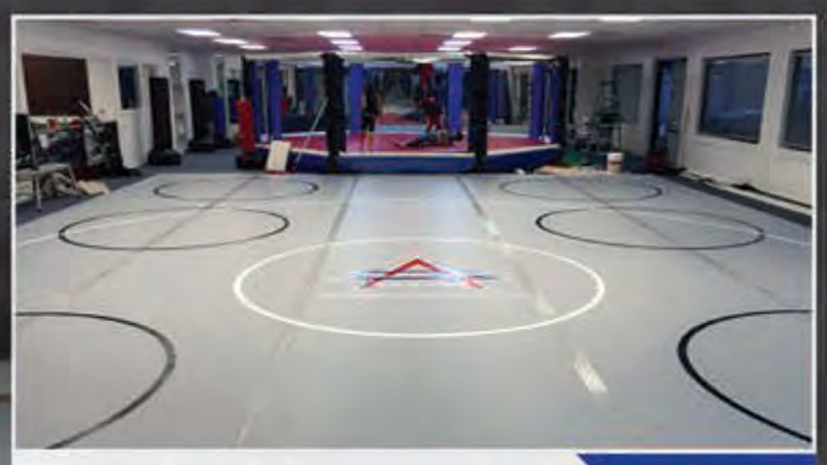

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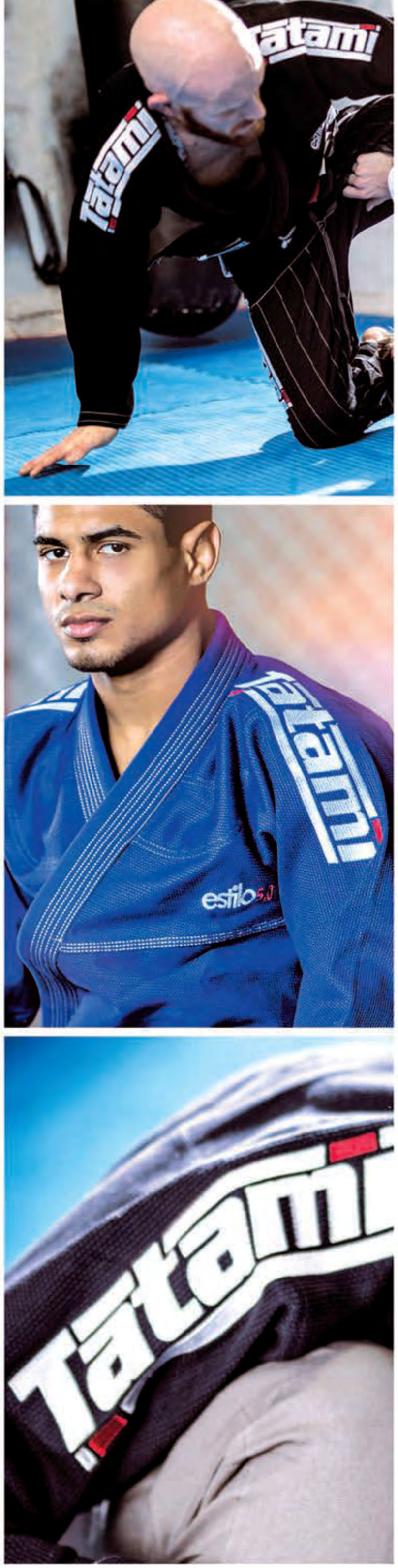

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SHE DOES IT ALL!

LAST MONTH PROFESSOR MATT LARSEN PROMOTED LAUREN ARNOLD TO PURPLE BELT. Lauren is the full-time manager of Matt Larsen's Combat Fitness Center in Warrenton, VA. In addition to working and training full-time, she is also a single mother to three children (Stacy, Scott, and Rayna). Lauren also won her first MMA fight in late June. Way to go Lauren!!! (Photo Credit: Felix Falcon of MMA in VA)

Purple Looks Good On Him

Kevin Gutierrez started training about five years ago thanks to listening to Joe Rogan's podcast. Joe's sage advice is what finally convinced him to jump onto the mats. Gracie Academy welcomed him wit positive and friendly vibes. He says his journey started "as me only trying to learn self-defense, but now it's a lifestyle." Congratulations Kevin on completely embracing jiu-jitsu into your life and on achieving your purple belt!

BRANDON HORNBY

Congratulations are in order to Brandon Hornby on achieving his brown belt under the tutelage of Renzo Gracie black belt, Tim Manoon of Tim Mannon Jiu-Jitsu in Blacksburg Virginia.

May The Force Be With You Coach

On May 23, 2015, Coach Justin Predmore was promoted to Brown Belt by Professor Jeff Vigil and Professor Roberto "Tussa" Alencar at Gracie Barra El Paso TX.

Coach Justin has been training jiu-jitsu for nine years now and is also a brown belt in Judo. Good job coach, keep up the good work.

I'D LIKE TO THANK...

Hi Jiu-Jitsu Mag, Today I got hit with one of the biggest and best surprises of my life. I had the honor of getting promoted to black belt by Cassio Werneck. I had zero idea this was in the cards for me and am blown away right now. I want to dedicate this achievement, to my mom, who if still alive would be on the phone right now with her friends telling them her son got his black belt in karate. I love you mom and miss you everyday. If you'll let me, I'd like to say thank you to my family for supporting my passion for jiu-jitsu all this time and to my wife for her endless support for me in all things martial arts and for NEVER complaining about how much time I've spent training. Allison cried when I walked through the door still wearing a black belt today!

Thank you to all my training partners and teachers, and thank you Cassio. When I started training with you in 2002, I was a brand new blue belt with no teacher. I can honestly say that if it were not for you I would never have experienced all the life changing benefits I have received from training this very challenging martial

art. Finding your original school in Sacramento pre-Internet wasn't easy but when I did, I knew I had found something special. Training jiu-jitsu has changed my life for the better in so many ways. If I hadn't found that school I don't think I would have been able to continue my journey, which has shaped my life immensely.

My humble goals for jiu-jitsu in the next few years are just to teach this incredible art to my daughter and to continue on my own martial arts journey. I got interested in jiu-jitsu as a form of martial art and for self-defense but fell in love with the sport. It is a great discipline for me and brings me a lot of peace to my life. I would much rather be a student than a teacher, but I have always lived where there was no jiu-jitsu school nearby so through necessity I teach. I am excited to continue sharing my humble knowledge with my students, and hopefully I can change some lives for the better in the same manner I have experienced. We live in the town of San Francisco (San Pancho) Nayarit Mexico. An Interesting fact is that I am now the first jiu-jitsu black belt teaching in the Puerto Vallarta area in Mexico. I teach at Jungle Jiu Jitsu in San Francisco Mexico. Fuerza y Honor!

Thank you for sharing – Nathaniel Rodriguez

This Is A Big One – LITERALLY!

This past June our friend Carlos Santos of First BJJ Carlson Gracie In Utah was promoted to 4th-degree black belt by none other than Carlson Gracie Jr. Carlos has always been a big fan of the magazine, and we're very happy for his proud accomplishment.

The Journey Is The Reward

Summer started off right at Dojo1 Martial Arts Academy in Utica, NY as long time member Mike Sady received his well deserved brown from black belt Len Sonia. Mike started with Len when still in high school over ten years ago. Since then Mike has criss-crossed the state of New York. He's trained in Buffalo, back in Utica then on to Albany where he received his purple from Renzo black belt Bruno Tostes before coming home to train and teach with Len. That just goes to show you that no matter where life takes you jiu-jitsu and the relationships we make will be there for you along the journey. Congrats Mike on sticking with it!

EMAIL

SEND US YOUR PROMOTION PHOTOS along with your name, school, instructor, and a little back story. Email us with the subject line, **"Pro Motions"** to *feedback@jiujitsumag.com* and keep an eye out for your Pro Motions in a future issue. School owners, please hold off on sending "group" promotions, and please keep it to specific individual students. JJM

MILK IT DOES A GRAPPLER'S BODY GOOD

Patrick Flores

When you were a kid if someone said "would you like a glass of milk?" you knew right away what they were talking about. Today things are a little different. The term "milk" could can be applied to more than just cow's milk.

Milk is what most of us were raised on as kids to provide us with nourishment. As adults, we laugh at Got Milk ads and have several choices in the type we consume. It can be mixed in with your post work out protein powder, enjoyed with a bowl of your favorite breakfast cereal, or just by itself. Examining our options will allow us to pick the milk that is right for our needs as grapplers.

DAIRY MILK

Dairy Milk is just simply milk that comes from a cow. This milk is high in protein, fat, calcium, and vitamin D. It also comes in different varieties. An 8oz glass of dairy milk provides 8 grams of protein and between 11 and 12 grams of carbs. The variable of milk fat changes the calories and saturated fat.

Recent studies have shown that many adults are significantly lacking in vitamin D.

If you're lactose intolerant your body doesn't produce the enzyme needed to digest milk. This is different than a milk allergy.

Varities:

Whole Milk: None of the fat is removed, so it is essentially 3.5% milk fat and the highest in Vitamin D.

2%, 1%, and Fat Free: The three other choices have less milk fat. These options will provide you with similar nutritional value, but fewer calories thanks to the reduced amount of fat.

Lactose-free: Lactose is a natural sugar that is found in dairy milk. Lactose-free milk is processed to break down and remove this sugar for the lactose intolerant.

Pasteurizing Milk

There has been some discussion about pasteurizing milk in recent years. Some argue that the pasteurization process actually has negative repercussions to our health. This thinking has caused a rise in the availability of "raw" milk products.

SOY MILK

Coming from soybeans, this type of milk is a popular choice for people who are lactose intolerant because it doesn't contain the lactose found in dairy milk. Since it comes from soybeans, it contains no cholesterol, and has naturally lower levels of fat than dairy milk. You might think it doesn't contain the same vitamin content as dairy milk, but that is wrong. Soymilk actually contains a good amount of protein, calcium, and potassium. With all these benefits, you may wonder why it's not as popular as dairy milk. Well, for most, it doesn't taste as good as whole milk. I personally don't enjoy the taste. There are also studies showing that overconsumption of soy can lead to fertility issues and low sperm counts in men. So, drink in moderation.

ALMOND MILK

Made from ground up almonds, almond milk is typically lower in calories, assuming no sweeteners were added. Like soymilk, it is also lactose-free, contains no cholesterol or saturated fat. Though it contains good amounts of vitamins A and D, almond milk doesn't contain the protein or calcium that dairy or soymilk has. Almond milk has a unique taste to it, and has a smoother consistency than other nut-based milks.

RICE MILK

Rice milk is made from milled rice and water. For people who are allergic to nuts and lactose intolerant, this would be the way to go. Unfortunately, it doesn't contain the calcium or the vitamins that other milks provide. It is also lower in protein and higher in carbohydrates.

Who Knew?

Recent studies have suggested that low-fat chocolate milk is an ideal recovery drink thanks to its 4:1 carbohydrate to protein ratio. After a tough training session your body is craving glycogen (sugar) in your muscles, and chocolate milk contains sugars, protein, electrolytes, calcium and vitamin D. All are nutrients you need to begin your recovery process. It tastes delicious, too!

COCONUT MILK

Coconut milk shouldn't be confused with the popular coconut water. Because it comes from coconut, it is lactose-free and high in vitamins. Coconut milk is high in fat, but in MCFAs that are known to benefit the body. Coconut products have been growing in popularity in recent years, so don't be surprised to see more coconut milk showing up at the grocery stores.

CASHEW MILK

Cashew milk is another nut-based milk that contains no lactose or saturated fats. It provides a high amount of calcium and vitamins, but at the sacrifice of protein. It does, however, provide a creamier consistency and richer taste than other non-dairy milk, which makes this milk ideal for cereal. I wasn't as familiar with cashew milk, but it's a great choice if you want to enjoy milk, but want to stay leaner.

HEMP MILK

Hemp gets a lot of bad press because of its relation to marijuana. Hemp, however, is not the same, and is actually a remarkable material that can be used for many things. It contains no [or miniscule amounts of] THC, which is the active ingredient in Cannabis [marijuana] that gets you high. Like soy or nut-based milks, hemp is lactose-free. It's a decent source of protein, but it doesn't have the vitamin content some other milk products have.

	Lactose Free	Protein	Calcium	Other Vitamins**	Saturated Fat	Carbs
Dairy	No	High	High	High	High/Low	High
Soy	Yes	High	Medium	Medium	Low	High
Almond	Yes	Medium	High	Medium	Low	Low
Rice	Yes	Low	Low	Low	Low	High
Coconut	Yes	Low	Low	Low	High	Low
Cashew	Yes	Low	High	High	Low	Low
Hemp	Yes	Medium	Low	Low	Medium	Medium

*Ratings are based off comparisons with other milk products

**Vitamins A, B, D, Iron was examined

**Some milk found in markets are infused with vitamins in processing

As far as "what is the best milk" goes, it depends on your personal tastes and preferences. Personally, I love a cold glass of chocolate whole milk, but some people can't have that option for a variety of reasons. Soy milk has many beneficial properties that whole milk has with less fat, but can have negative effects when consumed in larger quantities. For jiu-jitsu athletes looking to build muscle mass, 1% milk seems to be the way to go. If you're working out constantly and training on a daily basis, you will need the protein and probably won't mind the extra calories.

Hemp milk seems to be a good balance point between the several different milks we've examined. If you can get past the stigma and its bland taste, it's actually not bad. It has a little bit of everything.

Be sure to check the labels on any type of milk you choose. Often, the non-dairy options add flavoring and sugar to make them more palatable. So, if you're counting carbs and calories, don't just think because something says, "Almond Milk" on the carton that it's the best option for you.

We're all built a little differently and have diverse preferences. There is no one right answer for what is the best milk for you. You might be set in your ways about whole milk, but find that you prefer another type of milk product in your protein mix. I'd recommend experimenting and trying different types of milk with your protein and/or cereal to see what you like best. You might be very surprised. *jjm*

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PLANT BASED PROTEIN SUPPLEMENTS

Jeremy Reid

THERE IS, WITHOUT A DOUBT, A GROWING TREND OF VEGETARIAN AND VEGAN-BASED DIETS TODAY. In fact, I am pretty sure we all know a few vegetarians and at least one person who is vegan (and they probably mentioned it within the first 5 minutes of meeting them). You have probably heard them claiming all the amazing health benefits, how much better they feel, the fact that they have way more energy, etc. And I am sure they have probably attempted to convert you at least once, especially the vegan (just kidding... kind of). So, is it worth it? Should you give it a try? Does it really have all these amazing health benefits? Well, it depends. It depends on your goals, your level of health, and the status of your current diet. It also depends on just what type of vegetarianism you decide to try. While vegetarian used to be a blanket term referring to a meatless, mostly plant-based diet, there are now a multitude of specific variations: lacto-ovo, pescatarian, fruititarian, flexitarian, berimbolatarian, etc. Ok, I snuck that last one in there, but there may just be more variations of vegetarian than there are of the guard. Does anyone remember when it was simply closed guard or "open" guard? Anyways, all these variations are simply referring to what the individual can or cannot eat. Some diets allow fish; some allow eggs and dairy, but none allow meat, and some no animal products at all. As you can see, this can change things considerably. For the sake of simplicity, I will be discussing the common "vegetarian" (meatless) and vegan.

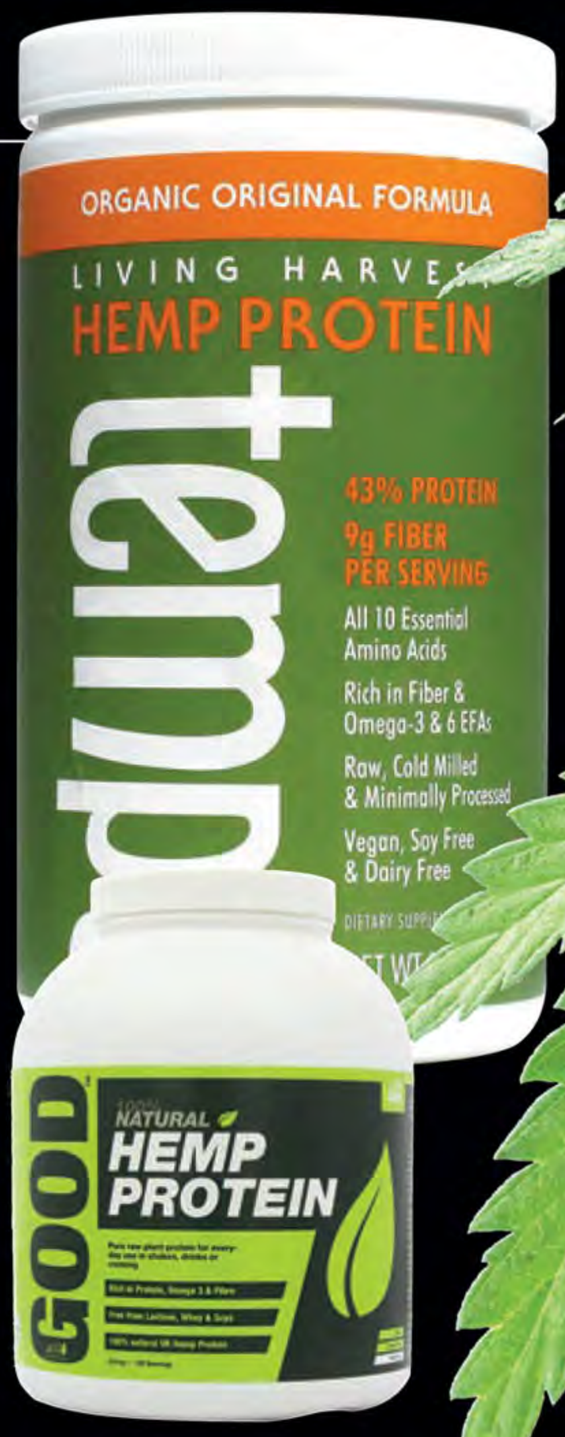
The biggest problem or concern for vegetarians and vegans is protein intake. These diets tend to be very low in protein, since animal products account for the majority of protein in most people's diets. Protein is an important part of human nutrition and a certain amount is required to maintain optimal health. Protein is even more vital for athletes, who require a higher protein intake. Protein is responsible for recovering and building muscles. Without adequate protein, strength and performance will decline, and recovery can become almost impossible. This has always been the biggest challenge for vegetarian and vegan athletes. There are very few sources of high quality protein from plant-based sources, and even with these good sources, the amounts are inadequate. This has led to the development of plant-based protein supplements. Plant-based protein supplements make it easy and convenient for vegetarians to meet their protein needs. For a while these supplements were very lacking. For years the only options were soy, soy, and more soy. While soy is a complete protein, it is not the highest quality protein, especially for athletes. But luckily in recent years there has been a huge increase in research and development of new plant-based protein supplements. This is in no doubt due to the recent increase in vegetarian based diets and lifestyles... And yes, a lot of credit does need to go to those pushy vegans.

SOY

Soy was long thought to be the Holy Grail and savior of all vegetarians. It's a plant-based, complete protein source, and includes all the essential amino acids that are cheap to produce. What more could a vegetarian ask for? For a long time nothing. And thus started the sad tale of soy. For decades soy dominated as the primary source of protein for vegetarians: tofu, veggie burgers, veggie sausage, veggie bacon, veggie this and veggie that. Soy was responsible for the development of these. It was and still is a huge staple in a lot of vegetarian's diets, but through all this we found the problems with soy, which are numerous. Soy contains phtyoestrogens, which can affect and change hormone balance inside the body. Specifically, in high doses it can lower testosterone production. This is basically the exact opposite effect of steroids. This can lead to decreases in strength, performance, and recovery, as well as an increase in stress levels and fat storage. Soy protein is also not easily and effici tly digested. In fact, although it has a complete amino acid profile, it scores rather low when it comes to bioavailability of those amino acids. I am not saying soy is all bad. The biggest issue with soy is that vegetarians were/are consuming way too much of it. Three meals a day plus a couple shakes. These high doses were exacerbating all these issues. Soy is fine in low doses and can make for great meal choices for vegetarians. Just avoid consuming it every day, or worse yet, multiple times a day. While soy's success was its own downfall, the good news is that this created a push to find different plant-based protein supplements.

HEMP

Hemp protein is one of the new plant-based protein supplements on the market today. One of the reasons for this is that hemp protein is a complete protein, meaning it contains all 21 necessary amino acids, including the 9 essential amino acids. But it goes beyond that, hemp protein is actually very easily digested in the body. This is because the majority of the proteins in hemp are globular proteins which dissolve easily into the bloodstream. This will help ensure those amino acids get to the muscles where they are needed. This also makes hemp protein very user friendly as it is very easy on the gastrointestinal system, with no bloating or gas. Hemp protein is derived from hemp seed which is naturally high in essential fatty acids and fiber. This means that with your protein you will be getting some healthy omega-3s and fiber; two things the majority of the population is deficient in. In fact, one scoop of hemp protein can contain up to 15 grams of fiber! While healthy fats and fiber are great, they can slow down digestion. Therefore, I would recommend hemp protein as a great meal replacement and general protein supplement, but would avoid it post workout when we need those amino acids fast.



PEA AND RICE

Derived by isolating the proteins from rice, usually brown rice, rice protein is another common plant-based protein supplement. One of the biggest selling factors of rice protein is its amino acid profile. It is noticeably high in leucine, which is believed to be the most important amino acid in regulating protein synthesis. There have even been a couple studies showing rice protein as being effective for muscle recovery and exercise performance. However, there are two big problems with rice protein. The biggest drawback is the fact that it is not a complete protein. It does not contain all the required essential amino acids needed. The other issue is taste and texture. Rice protein is known to have a very distinct flavor and chalky texture.

But there is hope! Enter pea protein.

Pea protein is derived from, you guessed it, peas. There has been a lot of buzz recently regarding pea protein. Everything from cereals to bars to protein supplements are starting to contain pea protein. One of the main reasons for this is the fact that pea protein is free from almost all common allergens, making it very easy to digest and easy on the body. But maybe the most interesting thing about pea protein is that it has been shown to have a similar amino acid profile to whey protein. And since whey protein is commonly regarded as the king of muscle building protein supplements, this is a big deal. In fact, there have been some studies that show pea protein supplementation being comparable to whey protein in terms of muscle building and athletic performance.

Now, here is the best part. Rice and pea protein work perfectly when combined together. They each contain high amounts of the essential amino acids that the other is lacking. When combined together, the amino acid profile becomes extremely close to that of whey protein. In fact, this mixture is commonly referred to as the "vegan's whey protein." And it gets better. Pea protein powder is noticeably fluff with a slightly sweet taste. This is perfect for balancing out the chalkiness of rice protein. When combined together these two are actually quite an impressive protein supplement.

CONCLUSION

Let me just add my disclaimer; while plant-based supplements can be effective, whey protein is still king when it comes to muscle building. But if you already drank the vegan kool-aid (wait, is kool-aid even allowed?) or you are vegetarian, you need to be supplementing with protein. There is no way you can perform at the highest level possible with inadequate protein intake. Plant-based protein supplements have really been stepping their game up lately and there are a lot of good ones out there. Give one or all of them a try to keep your training maximized. JJM

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LUIZ PANZA'S ROAD TO RECOVERY

Mike Velez Patrick Flores

IT'S SOMETHING NONE OF US WANTS TO THINK ABOUT, BUT WE'VE SEEN THE VIDEOS, WE KNOW THE RISK. I'm talking about that potentially life changing injury, although very rare in jiu-jitsu, could happen when you least expect it. I'll never forget the moment I witnessed Felipe Pena apply what looked to be simple toehold on Luiz Panza. It was at this year's Jiu-Jitsu World Pro Championship in Abu Dhabi. It was an early round match against two big and extremely talented grapplers. Luiz was up by points with just a few seconds to go. I was standing just a few feet away taking pictures. With my eye focused through the viewfinder, I heard something begin to make a crunching noise followed by an audible "SNAP" that was heard and felt throughout the arena. Immediately it was followed by a collective gasp. With my eye still trained through the viewfinder, I kept snapping pictures. First Felipe realized something wasn't right; the referee jumped in to stop the fight, and so fixated on the desired result Luiz looked puzzled as to why the ref

No Internet or TV at the hospital. Can you imagine a worse situation?

had intervened. It wasn't until he looked down and saw his foot pointed off in an unintended direction that he realized something bad just happen. Luiz didn't feel like he was in danger; he says he would have tapped if he felt it.

Luiz' teammate and good friend Marcus "Buchecha" Alameda came over to comfort him. Felipe Pena, who had won the match, was visibly shaken up. We all knew what Felipe was feeling. Of course, we fight hard to get our hands raised when the time is up, but we never want to hurt or injure our opponents.

Luiz was immediately taken to the hospital; it was in the ambulance that things started setting in. Luiz was struck with pain, and fear that this could be the end of his career. Thinking about his family he called his mom, his wife [Andrea], his friends to let them know what had happened and not to worry. It wasn't until he arrived at the third hospital that they had room for him. The injury occurred around 10 am and it wasn't until hours later that he finally got an X-ray to survey the damage. Even on morphine for the pain Luiz had to keep his leg still until a doctor could see him. Thankfully Luiz' friend Philippe Pomaski, a purple belt from Switzerland, was by Luiz' side the entire time. Philippe was scheduled to fight soon after the injury occurred but set that aside so he could be there for his friend Luiz. Finally at 8 pm that evening Philippe had to return to his hotel, and Luiz was alone at the hospital unable to sleep, unable to move, no internet, no TV. The nurses couldn't give him anything to sleep because the surgery had to be performed the following morning. Luiz recalls it as the worst night of his life.

The next day he had surgery to reconstruct both his Tibia and Fibula, he stayed in Abu Dhabi in a week to recover before heading home to California. After returning to California, he immediately hit the weights to work his upper body and maintain some strength. During the recovery, Luiz has been able to work his leg muscles during the calcification period. Luiz has been utilizing a similar rehab therapy as another well-known Brazilian, Anderson Silva. They share the same physical therapist. The rehab is going well. Along with physical therapy he's hitting the weights hard, you can routinely find him training everything at UTC Cross Fit in Signal Hill, Ca. He's also teaching jiu-jitsu at Blackhouse Redondo Beach and is even training with sparring partners. He's working on returning to competition for the No-Gi Worlds in November. If that turns out to be the case, which he hope it will, it will be an amazing recovery considering how devastating the injury appeared to be at the time we all heard it. *jjm*

POLARIS PRO 2 BREAKDOWN

A NIGHT OF DREAM MATCH-UPS

Marshal D. Carper

IN THE WORLD OF EXHIBITION GRAPPLING, POLARIS IS CARVING OUT A NICHE IN THE SPORT THAT EVENTS LIKE METAMORIS AND FIVE GRAPPLING WILL FIND DIFFICULT TO EMULATE. Based in the United Kingdom, the very existence of Polaris serves an often-overlooked grappling market: Europe. With most major events taking place on the west coast of the United States, talented European grapplers are often left out, despi e the continued growth of high-level jiu-jitsu in that part of the world. In addition to its European flavor, the minds behind Polaris have friends and roots in Japan, as well as the credibility to attract top talent from the United States and Brazil.

Polaris features matches representative of the beautiful diversity of jiu-jitsu. Men and women from around the world will converge in Cardiff, Wales on September 12th for a unique display of submission-only jiu-jitsu.

Here is a breakdown of the card to whet your appetite for the event:

PEDRO BESSA VS LUCA ANACORETA

[GI MATCH]

This match is a showcase of two European grappling talents who have not only found competitive success in the region, but have also helped to teach and spread jiu-jitsu. Bessa runs and supports a network of academies in the United Kingdom, and Anacoreta–alongside his brother and a few grappling peers–runs an academy in Rome. Both Bessa and Anacoreta have a number of wins to their names from notable competitions, like the Abu Dhabi Pro circuit, and their long list of matches boast exciting, fight-to-the-finish paces. This will be a great showcase of the talent that European grapplers have to offer.

EDDIE CUMMINGS VS REILLY BODYCOMB
[NO-GI MATCH]

Cummings and Bodycomb are both leg lock gurus. Cummings entered the spotlight recently as a result of exciting matches in events, like the Eddie Bravo Invitational, and also as a result of his training with Garry Tonon. Bodycomb has been a favorite of the Underground for some time, producing highlight-reel leg lock finishes and high-quality leg lock instructionals at a time when the jiu-jitsu corner of the grappling world saw the leg lock game as a dark art. This match is likely to be a nuanced battle of positioning and baiting of heel hooks and ankle locks.

ROBSON MOURA VS BARET YOSHIDA
[GI MATCH]

When Polaris announced this match, old school grappling fans collectively devolved into teenage boy-band fans. Moura and Yoshida have carved out storied legacies over long competitive careers, and through years of charismatic instruction. Moura and Yoshida are both known for their creative approach to grappling and for their aggression. Highlights of either fighter feature dynamic attacks and a relentless willingness to hunt for submissions. This match is a true gift to grappling fans.

TOM BARLOW VS GIANNI GRIPPO
[NO-GI MATCH]

Like the other European fighters on this card, Barlow is both an accomplished competitor and something of a jiu-jitsu missionary. A student of Braulio Estima, Barlow has racked up a number of gold medals in notable events, such as the British Open, and runs an academy in Plymouth, a city on the southwestern tip of England. Grippo, on the other hand, is almost exclusively a competitor. A young Marcelo Garcia black belt, Grippo's technical style has earned him a number of competitive accolades. With wins over grapplers like AJ Agazarm and Garry Tonon, Grippo will present quite a challenge for England's Barlow.

MICHELLE NICOLINI VS GEZARY MATUDA
[GI MATCH]

For most grappling fans, Nicolini needs no introduction. One of the pioneers of competitive women's jiu-jitsu, she has over a dozen titles to her name–World Champion, World No-Gi Champion, European Champion, and Pan American Champion among them. Nicolini is a tough match for anyone, but Matuda has the potential to challenge the legend. A year younger than Nicolini, Matuda has not amassed the laundry list of championships that Nicolini has, but she has a black belt World Championship and a Pan American Championship to her name. If she can avoid Nicolini's toe hold, Matuda might be able to put her signature armbar to work.

AJ AGAZARM VS DANIEL STRAUSS
[NO-GI MATCH]

Agazarm is a polarizing personality in the grappling community, but no one can deny his athleticism or his competitive dominance. Agazarm is a familiar face at nearly every IBJJF event and routinely wins his matches handily. Strauss, better known as "The Raspberry Ape," is no slouch either. When he isn't auditioning for Ninja Warrior or parodying salacious photos of female grapplers, he is training alongside Roger Gracie black belts. The heavier grappler in this match, he could present problems for Agazarm, but Agazarm's competition experience, speed, and explosiveness could nullify the Raspberry Ape's size advantage. Expect this match to be fast-paced and full of antics.

VITOR RIBEIRO VS NAKAMURA DAISUKE
[GI MATCH]

Ribeiro is a fighter to his core. He has achieved success on the mat and in the cage, fighting on some of the most prestigious stages that jiu-jitsu and mixed martial arts have to offer. At Polaris, he faces off against a fellow veteran fighter in Daisuke. Like Ribeiro, Daisuke began fighting professionally in the early 2000s and has had over 45 fights. As one of Japan's more prolific fighters, Daisuke is in a unique position to showcase Japanese grappling talent in a time where fighters from Asia are finding it increasingly difficul to capture international attention with organizations like Pride and Dream fading from memory. More than that, this match will be a battle between hearty masters of the sport with a wealth of tricks amassed over long careers.

GARRY TONON VS MASAKAZU IMANARI
[NO-GI MATCH]

A battle-hardened 10th dan in leg locks faces off against a young and brash superstar. Whether he meant to or not, Tonon's unwavering commitment to finding the submission–even if it means dives and rolls–is in the spirit of Imanari's legendary legacy. Imanari was one of the first grapplers to turn heads in the grappling world with dynamic leg lock entries, spinning into heel hooks with seemingly super-human speed in MMA and grappling matches alike. Coming into this fight as the older fighter, Imanari is unlikely to be faster than Tonon, but his decades of leg lock knowledge, facing off against Tonon's athleticism and respectable submission credentials, make for a heck of a headline fight.

If you can't attend the event in person, there's good news. FloGrappling has launched to provide a new level of jiu-jitsu coverage featuring live streams of premier jiu-jitsu competitions around the globe, behind-the-scenes documentaries, technique videos with the top athletes in the sport and more. On September 12th, FloGrappling will live stream Polaris 2 from Cardiff, Wales. To watch every match live, you can sign up and become a FloPRO subscriber, which offers access to all FloGrappling live streams, as well as training videos, original content series and more. Check out **FloGrappling.com** for more details. *Jjm*

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Mike Velez

BRIAN MORIZI

IF YOU'VE ATTENDED THE WORLDS OR PAN-AMS IN RECENT YEARS THAT YOU'VE GOTTEN TO SEE A GROUP OF COMPETITORS COME UP THROUGH THE LOWER RANKS CONSISTENTLY GETTING TO THE SEMI'S AND FINALS. Unless you're at these events, you might miss many of them. They don't always grab headlines or get much press. One such competitor that's well known and well regarded around the circuit is Brian Morizi. Brian's a 26-year-old competitor who's trained with some of the greats in the sport. He resides in San Diego California and trains daily with Clark Gracie at his studio in La Jolla. I had the pleasure to roll with Brian a few years back, I can't remember if we were both blue or purple belts, but I do remember thinking that he was pretty damn good. I managed to catch up with Brian for a chat last April in Abu Dhabi at the World Pro where he ended up taking silver in his division. Brian's a pretty down to earth guy, very centered and at peace with himself. In this interview, I managed to get some perspective on his career to this point. As well as finding out more about what makes him tick and what are some of his rituals and mindsets that you can use to bring out the champion in you.

JJM: How did you get into jiu-jitsu?

Brian: I had a friend who trained for many years since he was a kid. I remember going over to his house when we were maybe like 7, 8 years old at the time. He was already training in the garage. They would do some private lessons, and I got exposed to it that way. Then ten years later probably, when I was 16, 17 he recommended that I try a class and I did. I tried one class at the school closest to my house. I hit the ground running and just started training twice a day from the beginning.

JJM: From 8 and 16, did you play sports?

Brian: Yeah, that was my thing from a real young age. I played football, baseball, basketball like every weekend I'd be playing something.

JJM: Was that on your own or was that your parents pushing you?

Brian: I enjoyed it for sure but my parents definitely... I wouldn't say pushed, but they helped us a lot. I have two sisters, and they played sports as well. We're a very athletic family.

JJM: Did you feel any connection to any of those other sports?

Brian: I didn't like baseball, I thought it was boring. I liked football and lacrosse. Lacrosse, I really excelled at. The thing with football and basketball was I was just too small. It got to the point when I got to high school; I just couldn't do it anymore I was too small you know? Lacrosse, I could do, but it wasn't fun. Jiu-jitsu is really cool because training is fun. The competition is fun; training is fun. But other sports, let's say for football; practice is boring. You're just running through the plays over and over. Then the game is kind of where you can have fun. That's how with lacrosse it was like track practice almost. We'd run in pads, 2 or 3 miles just to warm up. Then you running the whole practice, you run sprints at the end. It was just too much running. I remember I was in high school, I was already having knee problems from all the running. Eventually, I just didn't want to do that anymore. As soon as I got done playing those sports in high school that's when I started jiu-jitsu.

JJM: Tell me how you started jiu-jitsu?

Brian: In Del Mar, San Diego. It was like a really small school. But it has a lot of history. It was one of the first schools in California I believe. The original owner was Nelson Monteiro. I don't the know story too well, but I believe he went out to Abu Dhabi to begin the ADCC. He left the school to my first instructor, who is Marcelo Barrerra.

JJM: So now, 16, started off as a white belt? Or did you go through the kids ranks?

Brian: Yeah, I was 17 when I started. Yeah, I started at white belt and just went through the adult belts. Then I started going twice a week up to Gracie Barra HQ in Irvine and doing some competition training. Eventually, I was going more and more. Eventually, what happened is my instructor moved back to Brazil and sold the school. They offered me a job at the headquarters in Irvine and I moved there.

JJM: At that point, how old were you and what sort of rank were you at the time?

Brian: I was, I believe 19 at the time and purple belt.

JJM: Okay, so you were at Irvine for a long time?

Brian: Yeah, it wasn't too long. I was going back and forth for a year or two. Eventually, I moved up there. I'd say maybe six months I was living up there, training full time.

JJM: Then you switched to Atos?

Brian: Yeah, it was kind of cool, the situation there was like when you're working there, teaching there, they supply you with a house to kind of stay with the other instructors, which was really cool. Then the house ended up burning down. I tried to stick it out there. I slept in my car for a couple weeks. I enjoyed it there. It was good training. It was a great job opportunity to make a living with jiu-jitsu. I thought that was cool, so I tried to stick it out. It was hard living like that, sleeping in the car.

JJM: You were literally living in your car?

Brian: Yeah, sleep in the car, shower at the gym, train all day and do it again. After a couple weeks of that, it was getting to be unbearable. So, I moved back home to San Diego. It was tough because like I said, my old instructor was gone. I was left with no place to train. I decided I'm going to try out different schools and find a new home. The first one I tried was Atos. It was an instant fit. I didn't even try any other places. I just went to try a class and never left.

JJM: How long ago was that?

Brian: That was 2011.

JJM: You weren't at Atos for very long?

Brian: It was about two years.

JJM: So from like purple to brown.

Brian: Yeah I got my brown belt there.

JJM: Then you moved to Clark Gracie's school?

Brian: Yeah, so what happened was I got hurt very badly when I was training at Atos. I tore all the ligaments in my ankle, one night training with Andre. I had to stop jiu-jitsu like for like six months I was out. It was a pretty bad injury. My doctor was saying I probably wouldn't be able to compete again. I didn't want to train without competing. I was very disappointed. I

stopped for six months. I just gave it up. I met my girlfriend doing physical therapy to try to heal my ankle. She was training at a school called Surf Fight, close by her office.

JJM: Joel Tudor?

Brian: Yeah with Joel. I ended up going there with her and training there and teaching the kids there. I started getting the love back for jiu-jitsu. You know, with her, we started a relationship. That was cool because I was able to get some physical therapy with her and heal up my ankle and started training there with Joel. Joel recommended I train with Clark, for competition. Clark likes to train really hard. Joel recommended that I go there. That's when I started training there.

JJM: You were kind of off the map. Yeah, I remember asking people, "Whatever happened to Brian?"

Brian: Yeah, it was like six months of no jiu-jitsu. I mean I was like on crutches for awhile, just not able to train.

JJM: I remember when I first started covering jiu-jitsu. I know at purple you were tearing it up, winning a lot of stuff. Yeah, you were doing really good and then you took that long exit. Then all of a sudden I started seeing you pop up in Mexico.

Brian: That was the first tournament I did back after the injury. I started healing up, and my ankle started feeling better. It was one of my sponsors, Pasando Guardia. They are a big company in Mexico. My friend Cesar runs it, and he offered me a super fight down there. I was thinking about it. My ankle was feeling better. I accepted the fight, and it motivated me to get back in shape and train. I got back in shape. I lost a lot of weight and got in really good shape and went and won the fight. That was my return to competition.

JJM: How did you get into competing in the first place?

Brian: I had a friend that competed a lot. He was a brown belt when I started. He was a good mentor for me. After a few months, he just told me one day, "Hey, you know, you're ready. We have a tournament this weekend, I'm going, I think you should go with me." I signed up and went with him, and I won it. It was my first tournament. I was in the juvenile division then, but I won. I started competing a lot. I was competing almost every weekend from white to purple.

"I made a promise to myself that I'm going to be really consistent with this. I didn't even know at the time, but that's huge for jiu-jitsu. "

JJM: What kind of dedication do you think it takes to compete at this level? You haven't got your black yet, but you've won a lot throughout the ranks. What separates you from the average guy that shows up to class and maybe does competitions now and then? Are there things daily that you aim to do that give you that edge when it comes time to get on the mat?

Brian: I made a promise to myself that I'm going to be really consistent with this. I didn't even know at the time, but that's huge for jiu-jitsu. You have to train everyday. I just try to train as much as possible. I trained a lot, like I over trained when I was coming up through the belts. I would just train all day. I would come in and do the class and workout and do drills and train again at night, go to sleep and do it again the next day. I think that made a huge difference because especially at white and blue belt there's not a lot of guys that were training full-time like I was.

JJM: What about the injury with the ankle? Was that a freak thing that happened? Or was it something chronic from over training?

Brian: No, just a complete accident. It wasn't even from a submission or anything like that. We were rolling, and Andre just fell right on my leg. It's like what you see in football with a lot of offensive linemen. Imagine my knee touched the mat, my foot stayed planted, and my ankle just snapped you know. I think, I almost would have been better off breaking the bone than tearing off ligaments like I did.

JJM: Have you dealt with any other injuries over the course of time?

Brian: Oh yeah, a lot. I had a bad habit of over training, so I was dealing with injuries all the time. It started with little injuries, nothing too major. That was the first really big injury I had. Little things here and there too, I had a toe surgery once for an injury, broken fingers, stuff like that. But that was the first really big injury that I had.

JJM: What's a typical day for you now? What time do you wake up?

Brian: Now I try to be smarter about training? Instead of just training as much as possible, I'd be much more smart. I wake up in the morning 9:00, go in, start maybe 10:00, 11:00 doing drills for an hour or 2 before class. We have the first class at noon. That's a hard class, almost like a competition class. It's pretty brutal. We'll do that, hour and a half, 2 hours. Then I'll get some rest. Then in the afternoon, 2, three days a week I'll work out. Then I go back and train again at night for another hour or 2.

JJM: What time do you call it a day?

Brian: We end about 8:00 at night. Occasionally I'll stick around for the judo class for another hour after that. So between 8 and 9 pm.

JJM: What time, midnight, you go to bed?

Brian: Yeah, around there, I try to get about 8 to 9 hours of sleep.

JJM: Who's with you in the morning before class doing the drills?

Brian: Yeah I have a couple friends that I like to drill with. They're pretty consistent drilling partners of mine, which I think is very important. It's hard to find a good drilling partner. But I think that I have a couple friends that are good.

JJM: Similar weight and similar style?

Brian: One of them yeah, the other one is a little bit smaller. But that's okay, he's a great drilling partner, so it's fine.

JJM: I know you and Clark are competing a lot. At your school are there any other killers?

Brian: We have a lot of up and comers over there. A lot of blue belts that are starting to compete and do well. I have my friend Jake, he's a brown belt, that's doing well. He's going to compete probably at the Worlds. Yeah, we have a lot of good guys to train with there.

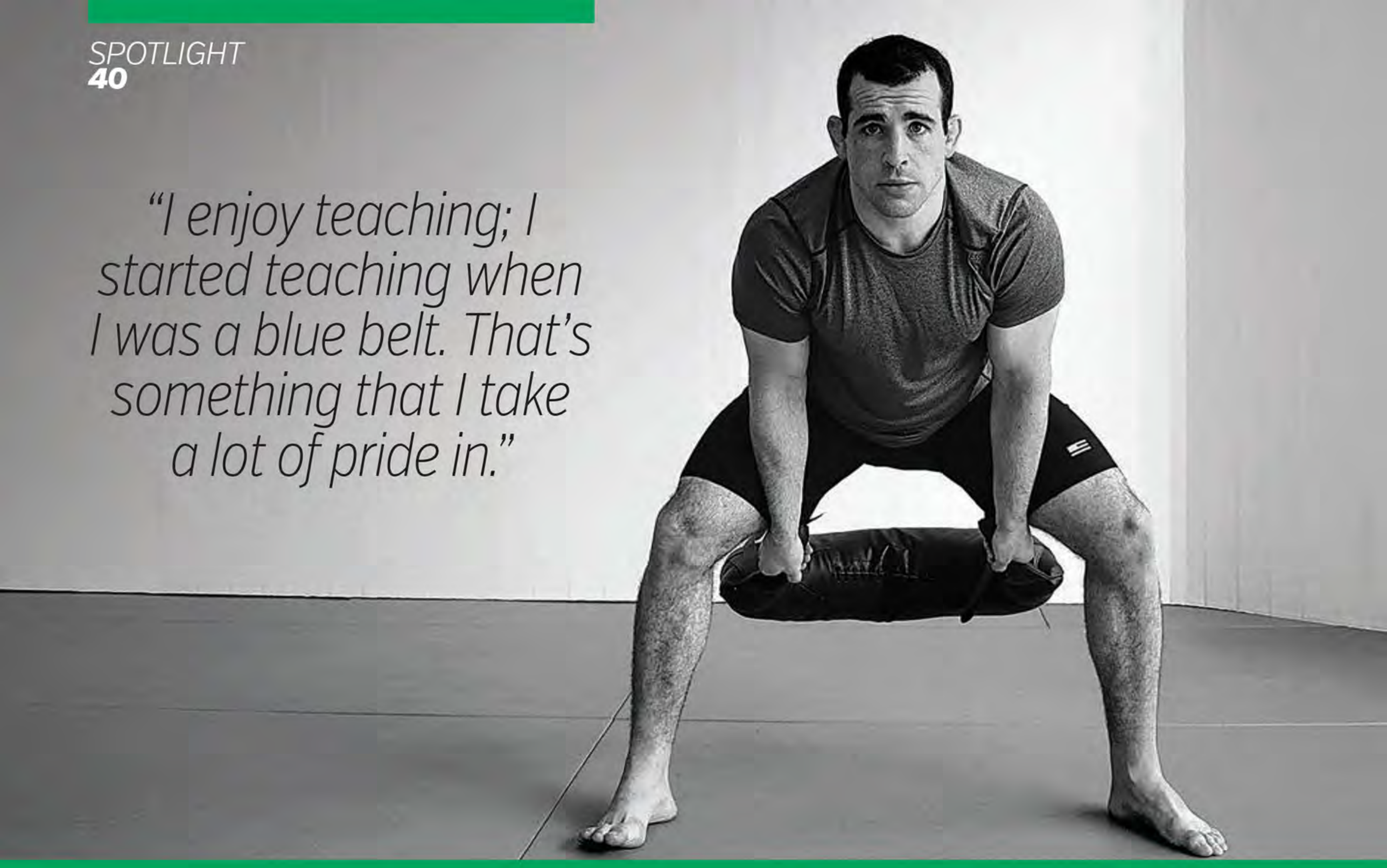
JJM: Any rivalries with the other schools? Is there any one team down in San Diego, there's so much competition.

Brian: Clark and I are the ones that compete the most. I don't' think we have too many rivals or anything like that.

JJM: Are you going to show up at the boardwalk, like Anchorman? What's that boardwalk with the wave pool, everybody goes to?

Brian: The Wave House? It's not like that It's not like Anchorman [laughs]. I think that's kind of the cool thing about Clark's gym. Everybody is so nice and friendly there. We don't care about what other people are doing. We have our system; we have a great curriculum. I love the way Clark and Rafael [Dallinha] run the classes and run the school and structure everything. We just keep our heads down and do our thing you know?

"I enjoy teaching; I started teaching when I was a blue belt. That's something that I take a lot of pride in."



JJM: I could see that. Clark's such a cool cat. He seems above rivalry.

Brian: For sure, if someone says anything bad about him. Maybe you were to tell him about that, he's like "Oh yeah, he's a nice guy. I like that guy. " You know what I mean. He would never say anything bad.

JJM: What's your diet like?

Brian: Before, I experimented with a lot of different diets. They worked for me; they were all good. They have their positives and negatives. Now, I just try to eat clean, nothing specific, no diet or anything like that, just coffee.

JJM: You're not anti any one food group or anything like that?

Brian: No, you know, I tried all those diets and they work and everything but, some of them are just crazy. It's just hard to do that. It's expensive and difficult. Ri t now, I don't' have to worry about weight too much, so I just try to eat as healthy as possible.

JJM: What division do you normal fight at?

Brian: Middleweight, 181 with the gi.

JJM: Do you have to cut any water before a competition?

Brian: No, I walk around about 180. A couple pounds and I'm fine.

JJM: Right now we're in Abu Dhabi, quite a few time zones away from home. How do you acclimate when traveling for matches?

Brian: It's funny, I have trouble sleeping back home. I'm pretty nocturnal back home, where here, I'm more of a morning person. I go to sleep early; I wake up really early. I feel really good out here (Abu Dhabi).

JJM: What are your long-term aspirations? World championship in black I'm assuming?

Brian: That would be amazing. That's been the goal since the beginning. I've got to stay on that path and keep trying for that.

JJM: Do you have any aspirations of opening up a school or where do you see your jiu-jitsu career going beyond competition?

Brian: That would be great to teach. I enjoy teaching; I started teaching when I was a blue belt. That's something that I take a lot of pride in. I'm not one of those guys that's just a good competitor but doesn't know how to teach. I've learned over the years how to teach. It's something like I said, I take a lot of pride in. I learned from some good people, good teachers... How to run a class, how to run the school, even little things, how to clean the mat. I pay a lot of attention to that kind of stuff. That's my plan for the future. You can't compete forever, as much as we'd all like to.

JJM: Do you have any favorite positions to finish from? Where is your A game?

Brian: I like omoplatas a lot. I don't know why. It's just something I kind of fit into. I like to take the back and finish from the back a lot.

JJM: Where do you hit the omoplata from? Triangle attack?

Brian: No, like a lot of different positions, even from the top, from a lot of different places. From the guard, I'll have a lot of different setups.

JJM: Finishing from the back, that's usually everybody's favorite answer.

Brian: Yeah, but that's usually a position I like a lot. I feel like when I get the back, I don't' usually lose the back. I feel good there. I'm either going to keep the back or finish from there.

JJM: Well, cool, Brian, I appreciate the time.

Brian: Thank you very much it's a pleasure, I love Jiu-Jitsu Mag! JJM

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BUILDING JIU-JITSU TOUGHNESS

THE 5 FACETS OF JIU-JITSU TOUGHNESS

Marshal D. Carper Kenny Jewel

Toughness can be taught. Toughness can be learned.

I HAVE HEARD FIGHTERS AND COACHES SAY THAT THIS ISN'T TRUE, THAT QUALITIES LIKE GAMENESS, TENACITY, OR GRIT ARE EITHER PRESENT IN AN INDIVIDUAL OR THEY ARE NOT. According to these individuals, if being a warrior is not in your genetic makeup, you are doomed to a life of flinching when a bully lunges at you and squealing when you see a spider.

In my mind, this flies in the face of what jiu-jitsu has always promised to be: a means of empowering the weak. Jiu-jitsu says that if you weren't born with big biceps and an iron chin, you could learn to overcome great disadvantages through technique and strategy. For many of us jiu-jiteiros, this allure brought us to the mat in the first place. We knew that magically gaining a ton of muscle and growing by a few inches was not within our reach, but we knew that we were capable of learning. We could study. We could practice. We could make a change.

That's what jiu-jitsu is about. It's a tool for change, and part of learning jiu-jitsu is learning to be tough. Whether you're naturally gifted with a fighter's sensibilities or you are starting with a blank slate, you have to learn toughness in the context of jiu-jitsu. Jiu-jitsu toughness is much more complex than a brawler's toughness. It is not about how many hits you can take. It is not about refusing to tap. It is not about how loud you can trash talk.

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DEFINING JIU-JITSU GRIT

Because jiu-jitsu toughness is mental, it can be learned like a technique, but you have to really understand what you are trying to learn before you can adopt a new mindset.

Jiu-jitsu toughness is not physical. Jiu-jitsu toughness is mental.

Jiu-jitsu toughness is:

- Not quitting because you are tired.
- Not quitting because you are afraid or uncomfortable.
- Not allowing self-doubt to pollute your focus.
- Knowing when and when not to tap.
- Respecting yourself just as much as you respect your teammates.

NONE OF THIS IS PHYSICAL. None of this is about how much punishment you can take or how hard you are to knock out. This toughness is entirely internal, which means that you can control and modify it. You can't magically transform your physical durability, but you can change the way you think.

AND HOW YOU THINK IS EVERYTHING. When you develop jiu-jitsu toughness, you can quell what might be your natural inclinations to flee or to quit when you should fight. The key distinction here is that in learning jiu-jitsu toughness, you take what was once an automatic process and make it a choice. Does it make sense to run in this situation? Am I really in so much danger of that I should tap or should I continue fighting? The answers to these types of questions are not absolute. There are times to run. There are times when you should tap. Jiu-jitsu toughness gives you the power of conscious choice.

CHOICE IS EMPOWERING, but learning to choose can be difficult for someone who has never been naturally tough by traditional standards.

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YOUR NEW WORKOUT PLAN

Do not quit because you are tired.

Exhaustion can be terrifying. You want to fight back. You want to escape. Your arms won't move. You can't catch your breath. The world is spinning, and the person on top of you isn't slowing down. We have all been there, and wanting to quit is natural. Give yourself a rule: never quit because you are tired. Keep moving. It doesn't matter if you are moving slowly or that you are losing. The point is that you can keep fighting, which will make you a little bit tougher tomorrow than you were today. If you have to stop rolling because of an actual medical risk (perhaps you are starting exceptionally out of shape), make it your goal to last a little bit longer each round, and when you do sit out, do so with composure. Fix your gi, sit up straight, and pretend to not be as tired as you are.

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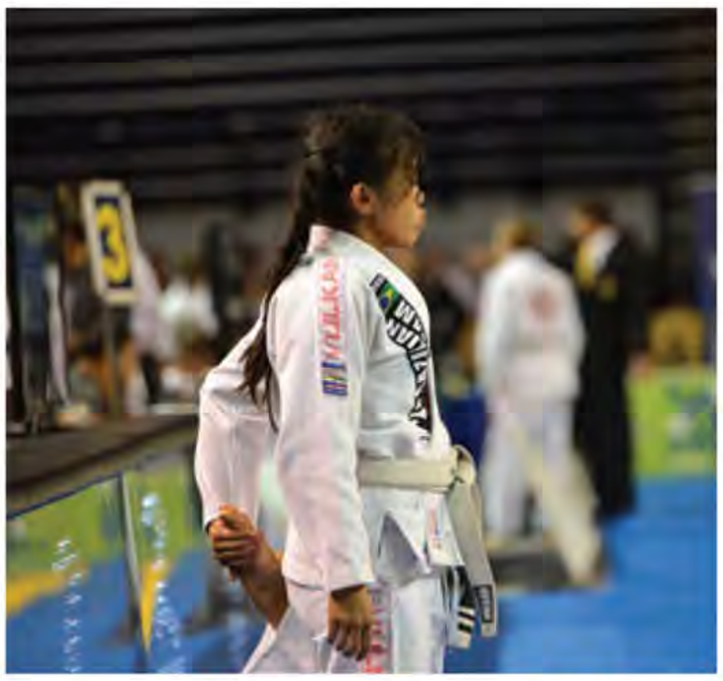
Do not quit because you are afraid or uncomfortable.

Fear is a powerful instinct that can be quite healthy, but on the mat it can force you into conceding premature defeat. New students especially find themselves dealing with a strange new version of claustrophobia the first time a damp gi tail covers their mouth or a shoulder smashes their chin into the mat. These are alien feelings, and it's natural for us to interpret discomfort as a serious threat. As you train, you will learn to distinguish between types of pain. Some pain signals that you are uncomfortable and your body wants that feeling to stop, while some pain signals that serious injury is imminent. As you train, challenge yourself to resist quitting because of discomfort, even if your gains are small and incremental at first.



Do not allow self-doubt to pollute your focus.

If you entered jiu-jitsu as a weakling–in that case, you are like the majority of us–you probably stepped on to the mat with more than a few confidence challenges. You might have been bullied in your life. You have probably tried something new and felt embarrassed. Someone has made you feel small, and that feeling has lingered. As great as it would be to say, "Don't feel that way!" and then you automatically see yourself differently, we both know it doesn't work that way. Instead, recognize that this art is made for you, and there are thousands of examples of people like you using jiu-jitsu, to not only defeat stronger opponents, but to also transform their self-image. For now, remind yourself that you are learning. You are getting better. You can even go as far as to hang a note to yourself on your bathroom mirror (that's what I did) to drive this point home every day. Little by little, you can stamp out your self-doubt.

Know when and when not to tap.

Refusing to tap does not make you tough; it makes you stupid. Barring a life or death scenario, you should have the presence of mind to recognize when you have lost well before you take on significant damage. The brawler's version of toughness would have you fight on, but that means succumbing to hubris. Letting pride cloud your judgment is just as dangerous to your development as a grappler as giving into fear. Both emotions can rob you of your power to choose. Instead of giving up too soon or too late, talk to your instructors about "points of no return" in submissions so that you can learn when you should tap and when you should fight on. The goal is to find the middle ground where you are not quitting too soon, while also keeping yourself safe.

Respect yourself just as much as you respect your teammates.

Your own pursuit of jiu-jitsu grit should not come at the expense of others. It is not in the spirit of jiu-jitsu to hurt your training partners or to put them in the uncomfortable position of having to hurt you, both of which are possibilities if you get too hopped up on the wrong flavor of toughness. You deserve to wring every last drop of goodness out of jiu-jitsu, but so do your training partners. Their growth will sometimes mean that you lose more often, and your growth will sometimes mean the same for them. If you back your quest for growth with a healthy level of respect for yourself and your training partners, you will be on your way to a lifetime of positive experiences.

THE JOURNEY

Your journey is yours and yours alone. Try not to compare your progress to the progress of others. You might progress more quickly in some areas and more slowly in others, and that's okay as long as you keep your focus on making yourself better. Pursue small incremental gains, and keep your mind open. You will learn just as much about yourself as jiu-jitsu technique on your journey. *jjm*

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REAGAN PENN

THE BRAZILIAN NECKTIE

Tony Pacenski Patrick Flores

AFTER A LESSON WITH PROF. Joe Moreira, who is currently an 8th degree red and black belt in jiu-jitsu and a 3rd degree black belt in Judo, a young black belt was eager to show Moreira a new move he said he created. Joe said, "Let me see this technique." The young black belt tightened his belt to demonstrate the technique on another student as a few classmates observed and as Prof. Moreira watched in great detail. The young black belt showed the new move with excellence and amazing timing. The group was so amazed at this new trick because no one had seen this before. Prof. Moreira smiled at the young black belt and told him that he had a very nice technique. However, the professor was not as excited or as amazed as the group of students.

When all the people, including the young black belt, left the room, a brown belt asked Moreira why he was not as surprised as the rest of the students and what his thoughts were on the technique. Prof. Moreira said he told the black belt that his technique was very good because it was. However, Moreira smiled and then said that he had seen this technique 20 years before. Why even mention this to the group?

This story often comes to mind when students of mine tell me they have a new move to show me. Jiu-jitsu techniques are always being refined and advanced in some way. Strategies are changing, sequences are modified and variations exist for sure. However, that is very different than coming up with a NEW move that you created. Somewhere a student has already done the same move in some small academy or it was showcased in some lost martial arts manual from the 1950's or it was filmed on video many years ago, only to be seen today on a YouTube clip you haven't watched yet. But once in a great while a new move is created, and this is my story.

The Brazilian Necktie's Connection To The Past

Two techniques that come to mind when applying the Brazilian Neck Tie are an old choke I call the "96" Choke and the Brabo Choke. The beauty of the Brazilian Necktie is how it relates to and looks like the 96 choke using the opponent's lapel and your leg. However, it feels like a tight Brabo Choke, and at the same time, solves the problem of not being able to finalize the Brabo lapel grip.

» THE 96 CHOKE

WATCH VIDEO

01 Start from the cross, inserting your thumb in the collar, under the head, but not too deep to the other far side. You need the slack for later!

02 When the opponent attempts to escape to the guard, change your base to the kesa Gatame leg work and pressure (moving the legs like a tri-pod on your toes to put pressure down on your opponent). Hold the collar tight.

03 Finalize the 96 choke by stepping over the head using your leg to choke the opponent as you pull up on the collar on the near side. Use your free hand to control the opponent's arm or to trap it for a future technique if the opponent escapes the choke.

Often during a training session or a competition, it is very easy to establish an underhook lapel shoulder trap. This is a very effective control position. The next common submission attack sequence is the under the head Brabo grip.

» THE BRABO GRIP & CHALLENGES

Begin the Brabo grip attack sequence from the cross side, toes to the mat and knee blocking the near side hip. Next, open the opponent's far side lapel and feed it to your hand.

Transition to the knee in the belly and make sure you do not bring your toes to the mat. Bringing your toes to the mat will take pressure off the position. Use your free leg for base, like a kick stand of a bike. Also, make sure your weight is centered to your opponent or a little to the near side. If you lean too much, you will lose balance.

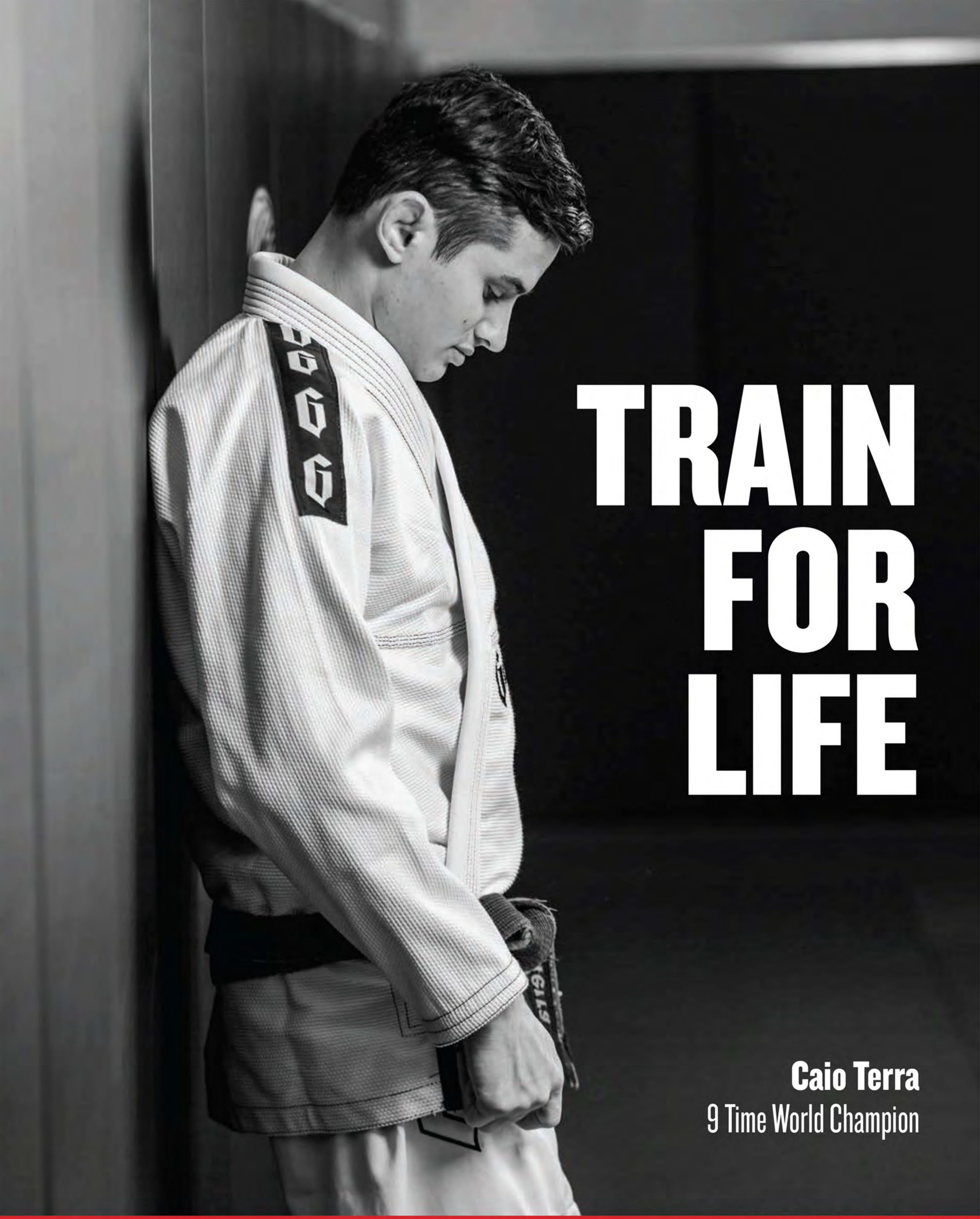
Transition to the Brabo grip under the head of the opponent and go on the attack.

From the Brabo grip, you can attack the x-choke for a direct submission or if the opponent defends with his near side arm; there is the spinning arm lock attack or if he defends with the far side arm; you can transition to the Barbo choke - The classic Brabo Grip Attack Sequence!

Key Point

- **One challenge of the Brabo grip** attack is the transition. It is common that the opponent will "fight-to-the-death" to stop the hand transfer. In that case reach in with your right hand onto the collar just above your left h nd. Once you have a tight grip release your left h nd and use it to shove their head down while looping your right grip of the collar behind their neck.

One problem is this transition can be countered by a knowledgeable opponent, but with the Brazilian Neck Tie, the transition to the Brabo grip is not needed. Therefore, for the new Brazilian Necktie, just think, "Lapel Shoulder Trap Control and The 97 Choke With Brabo Choke Pressure!"



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THE BRAZILIAN NECKTIE BY MISTAKE

WITH TECHNIQUES AND MOVES THAT YOU DISCOVER, MANY TIMES IT IS ABOUT FALLING INTO THEM. Variations are made because of injuries or we just become a little older. All of the young guys reading this will learn about that soon enough. Nonetheless, the Brazilian Necktie was a technique that I got pushed into. My training partner used a lot of strength, and with my focus to stay in the top position during our roll, I found this new technique by accident! Right then I finished the move and stopped the training because I knew I had found something.

» THE BRAZILIAN NECKTIE

Begin from the underhook and lapel shoulder trap similar to the Brabo grip sequence start.

Pull the far side lapel deep under the head of the opponent and angle your body over the near side shoulder. Your head and free hand needs to be out for base. At this time, the lapel should give the opponent a half-choke type of pressure. Make yourself feel heavy across his chest.

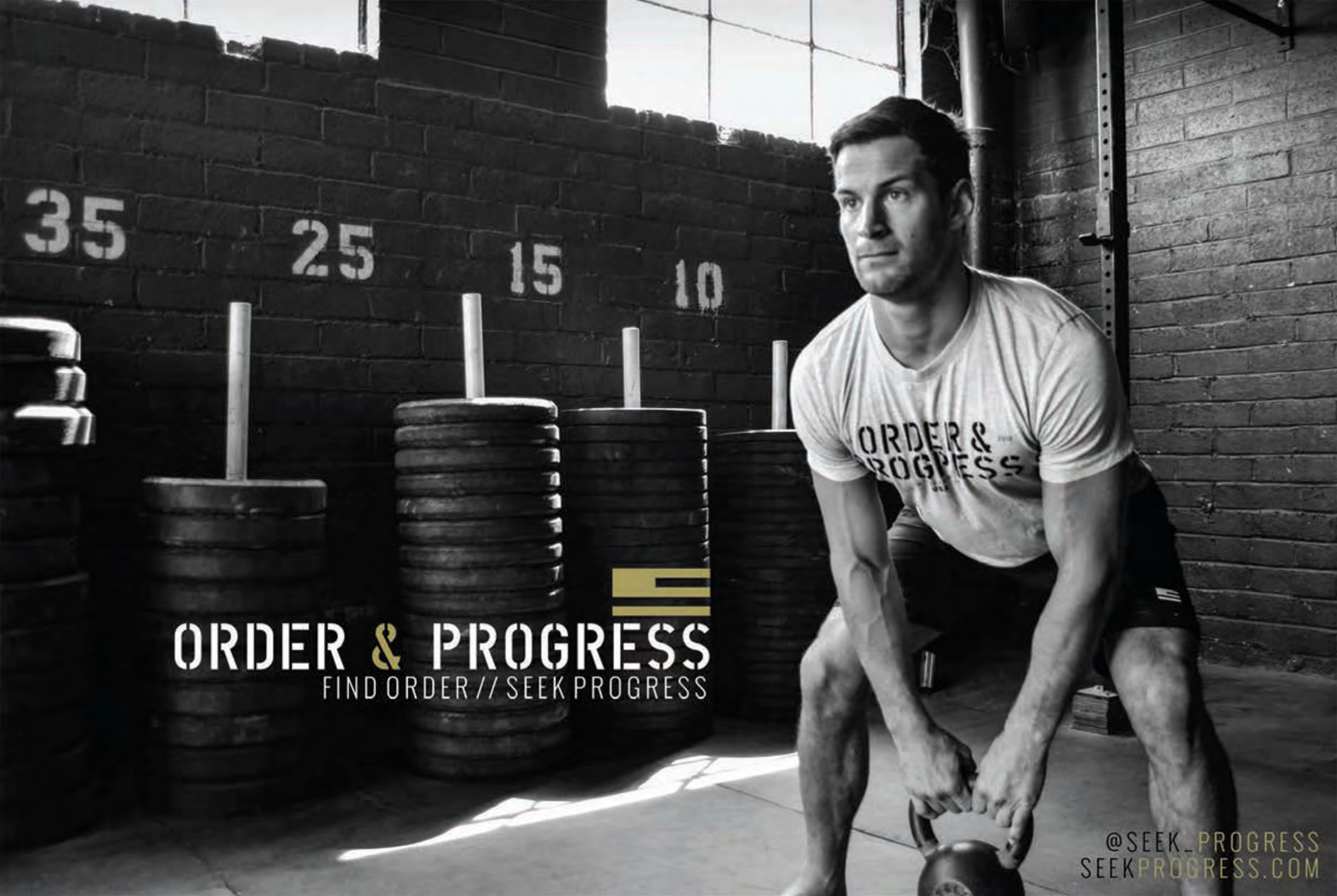
With your free hand, post against the opponent's elbow and push it up towards his head. Use your head for a balance point and look at his arm to time the setup.

04

Finalize the Brazilian Necktie by stepping over the arm and elbow. Pull the jacket lapel tightly with your hand and use the leg pressure like the 96 choke. If the opponent lifts his head, you can triangle your legs for added pressure; however, he will be tapping before that happens!

CONCLUSION

The original goal is for the Brazilian Necktie to be as popular as many other jiu-jitsu techniques around the world. The secondary objective now is to see this submission performed at the black belt level in the lighter weight categories in international competition because the value of the setup and control. A competitor can be very tired and still apply the Brazilian Necktie. *jjm*



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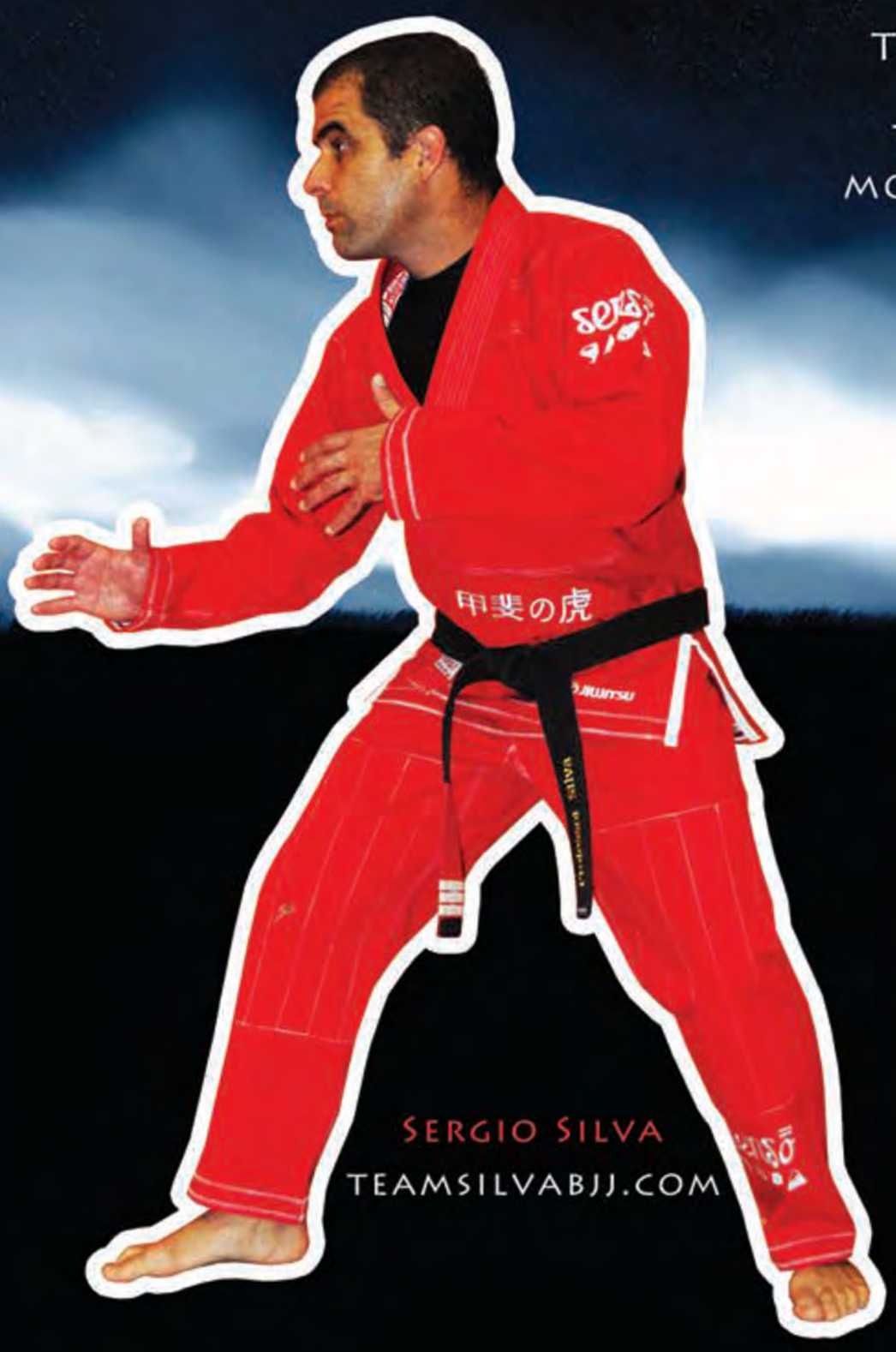

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MACKENZIE DERN

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With Mackenzie Dern

Patrick Flores

MACKENZIE LYNNE DERN IS AT THE TOP OF THE JIU-JITSU WORLD. She is arguably the most popular female jiu-jitsu athlete and one of the most recognizable figures in the sport. Having just won the Abu Dhabi World Pro Championship and her first World Championship as a black belt this year, she's living every jiu-jitsu athlete's dream.

Raw Data

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Full Name: Mackenzie Lynne Dern

Lineage: Mitsuyo Maeda ▶ Carlos Gracie ▶ Helio Gracie ▶ Royler Gracie ▶ Wellington Dias ▶ Mackenzie Dern

- World Champion (2015 black, 2012 brown weight & absolute, 2011 purple, 2010, 2009 & 2008 blue)
- World No Gi Champion (2012 brown, 2011 weight & absolute, 2010 & 2009 blue/purple)
- Abu Dhabi World Pro Champion (2015 weight & absolute)
- Pan American Champion (2015, 2012 brown, 2011 purple)
- FIVE Super League Champion (2015)
- European Open Champion (2015, 2013 black, 2012 brown, 2011 purple weight & absolute, 2010 blue)
- Podio Superfight Champion (2013)

Weight Division: Peso Pena (58kg/129lbs)

Team/Association: Gracie Humaitá

I HAD THE PLEASURE OF SPENDING A DAY WITH MACKENZIE IN HER HOMETOWN OF PHOENIX, ARIZONA. She starts her day by eating a healthy breakfast, prepared by her loving fiancé, Augusto "Tanquinho" Mendes. In addition to living with Tanquinho, Mackenzie has two amazing pitbulls named Delilah and Chance. Mackenzie has a deep love for animals. She has no problem submitting her opponents, but she quite literally would never hurt a fly.

As a professional jiu-jitsu athlete, her typical day revolves around the sport. After running some errands, it was off to Megaton Jiu-jitsu Academy where she often trains with her father, Wellington "Megaton" Dias and Tanquinho in preparation for her many competitions. This time around she was training for the upcoming Five Grappling Super League and ADCC.

After training, Mackenzie gets a bite to eat. Although she eats fairly healthy, she does have a weakness for cookies and lemonade. We chatted about her experiences in jiu-jitsu, plans for her upcoming wedding, and other things on the mind of a young 22 year old. Given the large amount of success she's received, she remains incredibly humble. She's not bitter about any loss, and is always thinking of ways to give back.

It wasn't long before the time came for another training session over at The LAB, a mixed martial arts training center, home to professional MMA fighters, such as Benson Henderson and Efrain Escudero. Mackenzie trains here under head coach John Crouch. Dern admits she still has a lot to accomplish in jiu-jitsu, but the idea of competing in MMA has crossed her mind.

After breaking a good sweat at The LAB, we went back to her home to relax for a bit. We conversed more about her busy seminar schedule, and her upcoming travels. Jiu-jitsu has brought Mackenzie to many different places, but she's never been to Russia and wants to visit one day.

My day, like Mackenzie's, usually begins and ends with jiu-jitsu. I had the privilege of training with Mackenzie. At 5'9", and 170lbs, I have about 50lbs on her. I've been training for a little over 4 years as well. Within the first 30 seconds I realized the huge difference a lifetime of training can make. Within 6 minutes she submitted me twice, and would have 3 times if time hadn't run out. She was able to sweep me using her Koala Guard, and pass my open guard with some of the techniques she showcases in this article.

Mackenzie is sweet and caring, and it's easy to see why she's become so popular in the jiu-jitsu community. She's become a figurehead in women's jiu-jitsu and a role model to many young women in the sport. At 22, she has limitless potential and we will likely continue to hear about her for years to come. Mackenzie, very much... "Can't stop, won't stop."

Mackenzie has a deep love for animals. She has no problem submitting her opponents, but she quite literally would never hurt a fly.

KOALA GUARD SWEEP

Also referred to as a sit up guard, is one of Mackenzie's trademark moves.

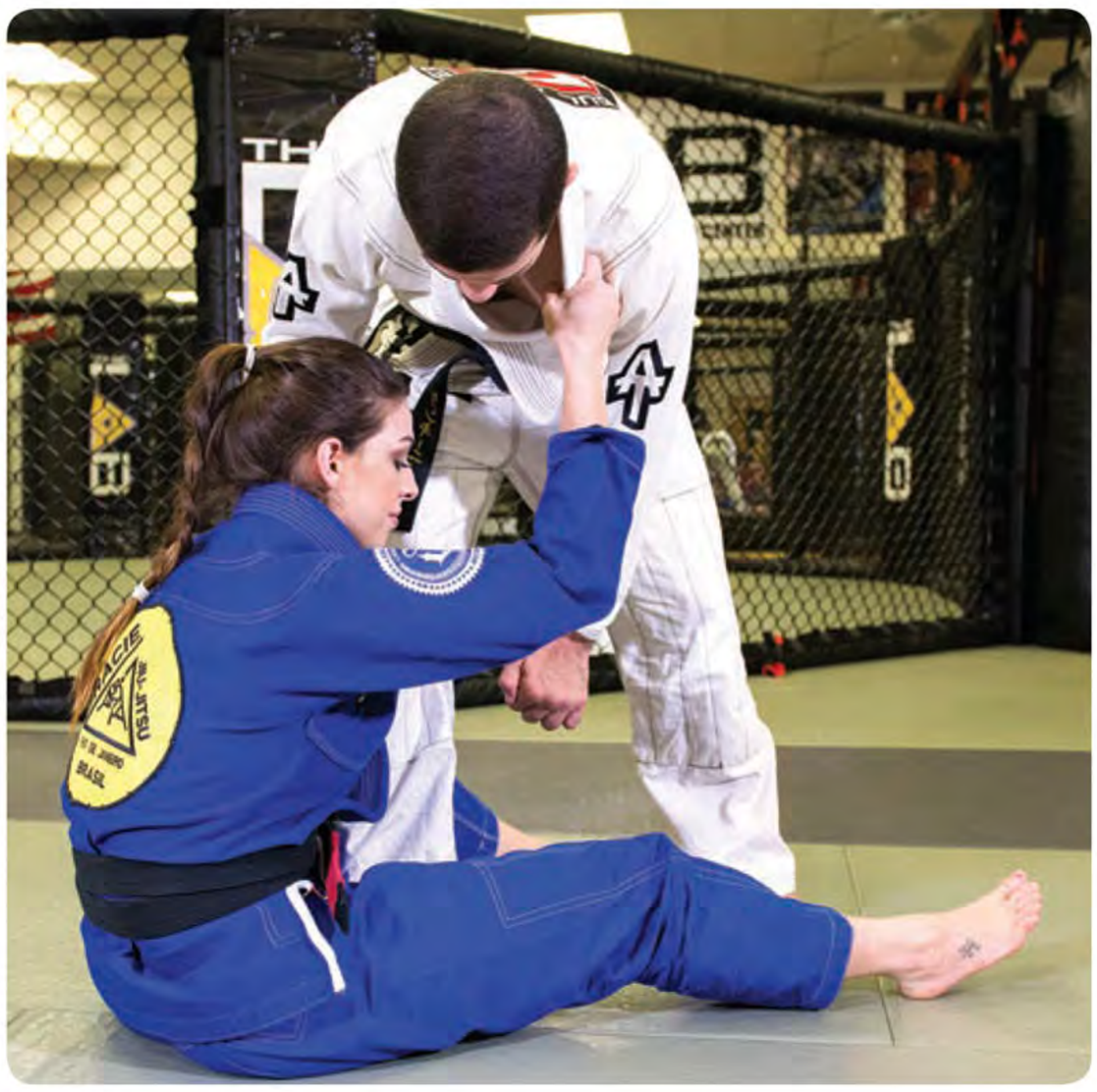
01

Mackenzie sets up koala guard when her opponent is in the standing position and has grips on both sleeves. She comes up and places her foot on her opponent's far knee, pushing off to create some distance.

WATCH VIDEO

02

She then proceeds to hug the near leg while feeding the far handgrip to the same arm that is hugging her opponent's leg. Once secured, she transfers her free hand to her opponent's collar.



03 Mackenzie leans back and places her foot behind her opponent's butt and upper thigh.

04 he applies lifting pressure with the foot on the butt, then the hugged leg, and then pulling down on the collar to shift her opponent to their weak side.

TIP: Use the free leg to trap your opponent's far leg and help with the sweep.

05 As soon as Mackenzie completes the sweep she closes any distance by moving her knees up to her opponent.

» OPPONENT CATCHES HALF GUARD

Sometimes after Mackenzie sweeps her opponent, she ends up in their half guard.

01 Mackenzie comes up to her feet and gets a pant grip on her opponent's outside leg.

02 She then proceeds to extend her opponent's leg outward, which will help free her trapped leg.

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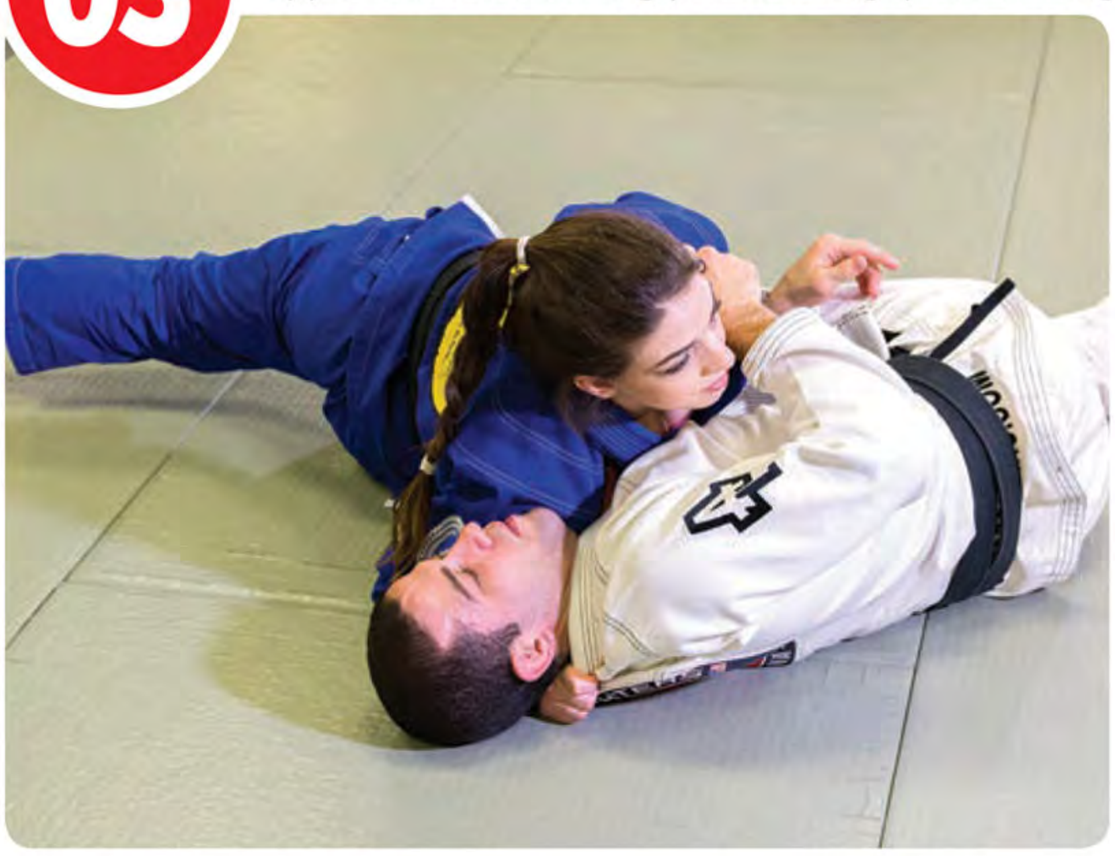
03

Once her leg is freed, Mackenzie performs a back step while still driving her weight down on her opponent. Drive the leg you have a grip on to the ground to deny any guard recovery attempt.



04

From here you have two options:

A. Close the distance between you and your opponent to secure side control.

OPTION A

B. Hop over your opponent's legs to the opposite side. This option is great if your opponent is giving you a lot of resistance when you pass.

OPTION B

Don't let go of the grips until you fully secure the pass!

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LEG LOCK FROM HALF GUARD

01 After sweeping her opponent, Mackenzie ends up in half guard again. She lets go of the lapel grip.

02 She steps over with her outside leg, putting her leg and weight on her opponent's belly. Mackenzie puts an emphasis on staying tight to her opponent.

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03

Mackenzie slides her knee and hip to the ground, remaining very close to her opponent.

04

Mackenzie then wraps her arms around both of her opponent's legs, and triangles them. She proceeds to lean back.

05

She finishes the leg lock by bumping her hips off the mat similar to an armbar.

» KOALA GUARD SWEEP USING THE LAPEL

Sometimes when you put your opponent in Koala Guard, they move forward too much, making the front sweep difficult. When this happens, loosen your opponent's lapel.

01 Mackenzie points out that she likes to use this when her opponent's lapels are already loose. Establish a good grip with the bottom lapel.

02 She feeds the lapel to her opposite hand by going over her own leg.

WATCH VIDEO

03 Now, here's where it gets tricky, so pay close attention. Mackenzie swims her free hand in between her own leg and her opponent's foot, feeding the lapel to that hand.

04 Mackenzie spins under her opponent, never letting go of any grips. As soon as she can reach her opponent's far leg, she grabs the pants to help aid in the spin.

05 She spins through her opponent's legs, ending up behind, and leaving them off balance. Mackenzie still maintains all her grips.

06 She finally lets go of the lapel grip and switches to a pant grip. She proceeds to pull her opponent down, while pushing her legs out in order to take the back.

» PASSING THE SPIDER GUARD

01 Mackenzie finds herself in her opponent's spider guard.

02 She breaks the spider guard grips by bringing her opponent's foot to her knee.

WATCH VIDEO

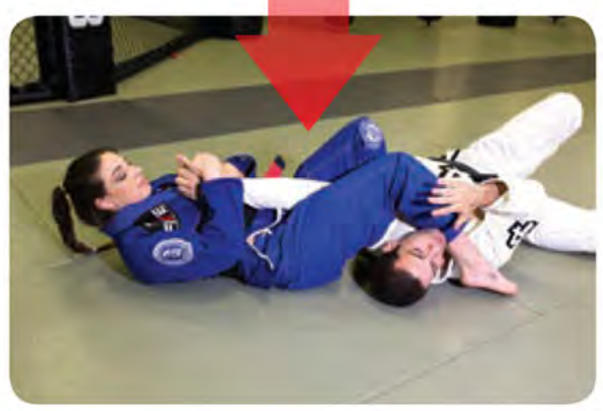
03 Once her foot is off the bicep, Mackenzie drives her shoulder under her opponent's knee and drives forward.

04 At this point, her opponent still has the grips on her sleeve. This is okay. Mackenzie grabs her opponent's grips as well.

05 She drives her shoulder forward, applying pressure under her opponent's knee. Your opposite hand should grip your opponent's waistline.

06 As she drives forward and begins to pass, she changes her far hand grip to the side she's passing to help move her opponent. She then pushes and rotates her opponent's hips and completes the pass by driving her weight down on the hips.

07 Mackenzie finishes her opponent by stepping over the head right into an armbar. *ijm*



Gear Bag ESSENTIALS

Mike Velez Patrick Flores

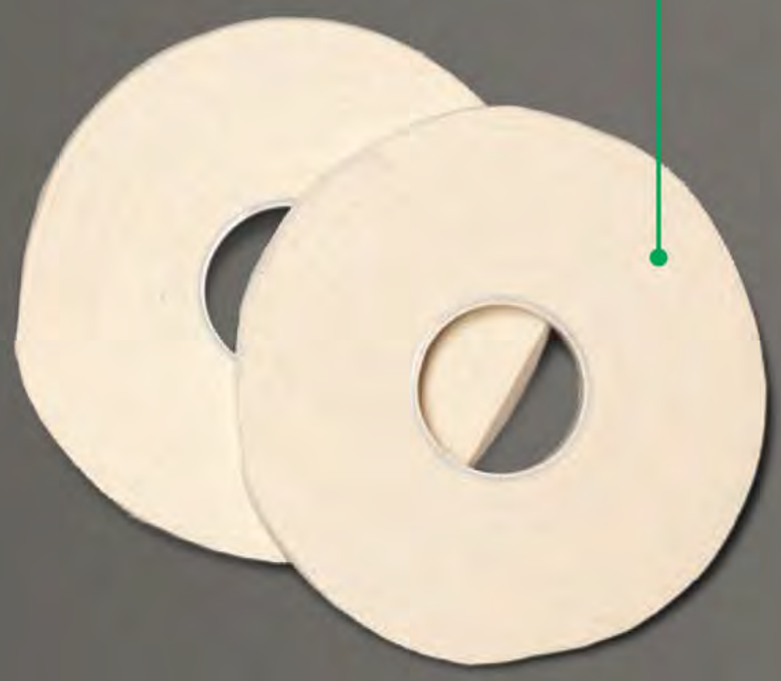
EVERY TIME I GO THROUGH AIRPORT SCREENING I GLANCE OVER AT THE CHECKPOINT SCREENS WONDERING IF I'LL CATCH A GLIMPSE OF SOMETHING SHOCKING. Hopefully, no weapons or explosives, but who knows what some people keep in their bags. I guess that curiosity might be a bit strange, but it sometimes carries over to the dojo. Seeing my teammates walk into class with various backpacks, duffle bags, piles of laundry, I'm always curious about what they're packing. This got me thinking, "What are the essentials that every grappler should keep in their gear bag?" I've compiled a list from years of experience, as well as getting some insight from respected pros. Here are the things that every jiu-jitsu practitioner should never walk through the dojo doors without.

Mouth Guard

This one might be a bit controversial since quite a few top pros don't wear a mouth guard, but I don't get it. I value my teeth as well as my time away from the dentist, so for me having my mouth guard with me is critical at all times. Be sure it has a case to keep it away from the other elements that might be lurking in your bag.

Finger Tape

Whether you're a regular finger taper or not, you should keep some tape in your bag. Finger taping is becoming more and more popular during training. A few years back you might have only seen taped up fingers at the biggest competitions, but these days tape is becoming a more common preventive measure against injury during training sessions. Also, it comes in very handy if you should injure a finger and need to buddy tape it to another.



Balm

Injuries happen; hopefully nothing where a trip to the ER is in order, but for all the other aches and pains that pop up, it's nice to have something handy to help relieve the pain. A small container of liniment or balm comes in very handy.

Sandals

Here in So. Cal, sandals are almost mandatory most of the year. If you're not walking into class with sandals on your feet, it's a good idea to keep a pair handy. It makes it much more convenient than putting on your shoes if you happen to need to use the restroom while training.

➤ Gi

Well, duh, it's usually safe to assume "most" of you train in the gi. If you're strictly a no-gi grappler you should mix the gi in once in a while, but if not it's okay. Skip to the next one. For those of you in the gi, I like to keep my gi's folded neatly before and after use. If that gi's nice and wet from training, try to keep it in a compartment in your bag that keeps it away from the clean stuff. And for the love of God, don't leave it in any gear bag longer than it absolutely has to be. As soon as you get home or wherever you're going, take it out, let it dry out or get it in the wash [I like to let my gi's dry completely before putting them in the laundry].

➤ Hydration

That should read "lots" of hydration. This shouldn't just be a gear bag essential; this is more like an "all day long" life essential. Keep plenty of water around for before, during, and after training. Keep properly hydrated at all times to keep all your functions working properly. A large refillable container like this one helps keep costs down, is better for the environment than disposable bottles and helps you keep track of how much you're consuming. Just be sure to routinely clean it out.

➤ Your Belt

Don't want to forget this. Nobody likes having to don the communal white belt to class. White belts you'll know what I mean once you get your blue. So, don't forget yours.

➤ Gear Bag

It's what keeps everything together. I'm a fan of backpacks, although a duffl bag will work fine here, too. First off, a good bag should be big enough to carry everything, but not too big that you can fit a body in. Compartments are good. You want to be able to separate your dirty from your clean. Breathability is good too; mesh or venting is a plus and helps keep the odor/ick factor down while you're lugging your stuff around after a sweaty training session.

➤ Wipes

In almost 7 years of rolling I've never had a single skin infection and I want to keep it that way. Part of my plan of attack against germs is wiping myself down after I roll. I've seen some people use baby wipes, but I'd rather not smell like a baby's bottom. Wipes like the ones from Defense Soap contain tea tree and eucalyptus oils to help fight off the bad stuff, while giving me that "fresh" feeling. Try to get everywhere you had any skin-to-skin contact: face, neck, ears, hands, arms, legs, feet, and save the feet for last. This is why I like rash guards, less exposed skin.

➤ No-Gi Gear

A pair of shorts and a rash guard don't take up much room, so find a compartment in there to keep a rash guard [which I almost always wear, even in the gi] and a pair of grappling shorts. You never know when an impromptu no-gi training session might break out. And like I said to those no-gi die-hards, if you're a gi guy, you really should mix in some no-gi once in a while to round out your game.

➤ Phone, Keys, Cash

I don't need to list the reasons why you need room for these items, although I did have one certain circumstance pop up the other day. Sometimes we listen to music during our open mat training and one of my teammates happened to have the worst music playlist possible going. Thankfully, I had my phone handy and we were all spared the agony of trying to flow to EDM.

A Snack

I'll bring something specific, like a banana, protein shake, or trial mix to class, either for before if I haven't eaten in a while, or for right after. Keeping something that's got a good shelf life and packs plenty of nutrition is a great idea to have tucked away in your bag. I don't know how many times I forgot to bring something, and then I remembered the KC Bar I packed a few weeks back.

Nail Clippers

This is something I keep with me, but I don't think I've ever used. I have my favorite clippers I keep at home, they're just for me, and I trim my talons at least once a week. The 99¢ pair I keep in my bag are for the other guy. You know exactly what I'm talking about; there's always someone who shows up to class thinking he's Wolverine.

Other Items To Consider

1. Pain Reliever

Hopefully, your school has a stocked first aid kit, but don't leave that to chance. A small vile of Advil or some other pain reliever might come in very handy some day.

2. Gym Towel

After about your first three times training jiu-jitsu, any apprehension you have to other people's sweat is gone. However, it's a good idea to keep a gym towel handy to wipe down with between rolls.

3. Toiletries

Deodorant, tooth brush, mouthwash - that sort of stuff. Maybe the opportunity arises for that hot date you've been hoping for; you wouldn't want to show up smelling like a hobo (no offense to hobos). If you wear contact lenses, this would include cleaning solution or Visine for the 10th Planet guys.

4. Bandages

Again, hopefully your gym has a well stocked first aid kit, but just in case it doesn't, it might be a good idea to pack your own, including bandages, or liquid bandage, or even some CA (superglue) to close up a wound that might occur. It's amazing how much damage an accidental elbow to the brow can cause.
If there are any wounds severe enough that might require you gluing yourself back together, you might want to make the next stop Urgent Care on the way home.

5. Jiu-Jitsu Journal

You are keeping a journal, right? If not, it's never too late to start one. Keep one handy in order to take notes on the training session, to jot down new techniques you've learned or to make note of weaknesses or observations about your game you want to work on. *Jjm*

Hayabusa SHINJU 2 JIU-JITSU GI

www.hayabusafight.com

Patrick Flores

JIU-JITSU GI'S ARE NOT ALL THE SAME. If you're a true jiu-jitsu nerd you'll begin to realize and appreciate the fine details of superior craftsm nship. The Shinju 2 by Hayabusa is just that. It's a well-crafted gi that's great for training or competition. The gi is noticeably comfortable for a gi that is also equally durable. Hayabusa developed a balanced gi that Goldilocks herself would appreciate.

Pants

The pants are 10oz cotton ripstop pants. These pants are designed for comfort and mobility. They're reinforced in all the right places, including some extra padding in the knee area. Each pant cuff is very well hemmed with "Hayabusa" branded tape running along the insides. The tape is soft nd not scratchy, and all-in-all the pants feel strong enough to handle any training situation. The drawstring is typical to what you would see on most kimonos, only slightly thicker. It's a bit on the long side, but you could always cut this if you wanted to. Each side of the pants contains a Hayabusa patch for some added flair. Style-wise the pants are simple, but noticeably tough.

Jacket

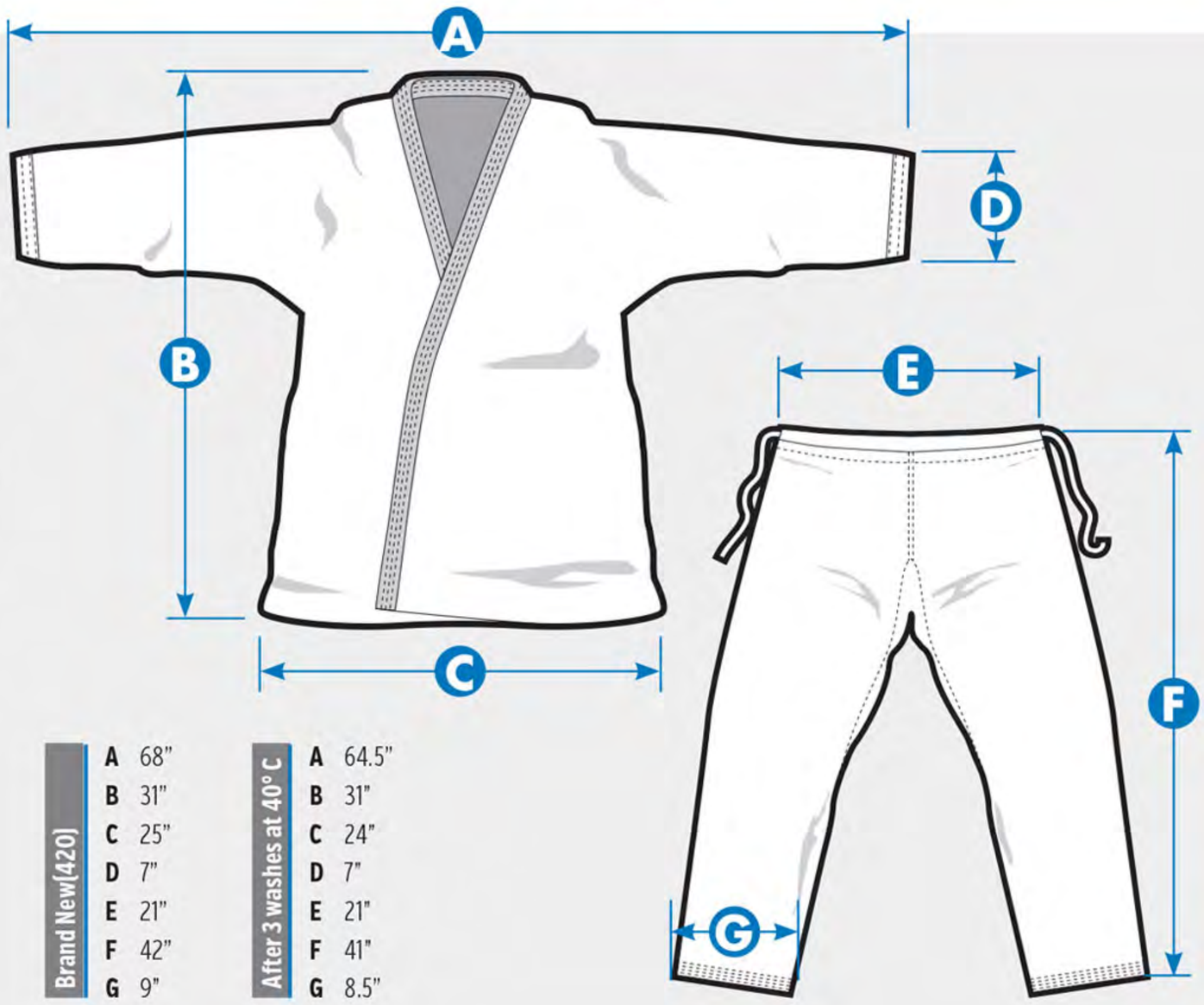
The jacket is the main focal point of this gi. The front of the jacket contains a patch with kanjis meaning "certain victory." Along the shoulders you will find similar Hayabusa patches found on the pants. Inside you will find the "certain victory" kanji again printed on the fabric for some added interior style. The back tail of the gi contains one patch with familiar "certain victory" kanji's along with "Hayabusa" tape along the bottom of the jacket skirt.

branded nylon tape. The jacket material itself is a 550-gsm pearl weave. The gi comes in black, white, and blue, with the only differences between them being the patch colors. Hayabusa has a reputation for making some of the highest quality gear in combat sports, and that reputation and attention to detail holds true with the Shinju 2. You'd be very hard pressed to find any signs of shoddy craftsm nship anywhere on this gi.

Like the pants, the jacket cuffs seem very tough, and reinforced with the Haybusa

Fit and Feel

The gi is very comfortable and fit our tester Kevin nicely. He is 6'1" and 225lbs. The A3 suited him very well, in accordance to Hayabusa's size chart that can be found on their website. The hips were a bit snug, however, it doesn't affect the user's mobility. The gi feels solid, and you'll be able to tell upon first inspection that it will stand up to rigorous training. The jacket experienced minimal shrinking over several washes, which isn't uncommon. The greatest area of shrinkage was in the sleeves, but not too much compared to other gi's. The pants shrank only slightly.



Brand New(420)		After 3 washes at 40° C	
A	68"	A	64.5"
B	31"	B	31"
C	25"	C	24"
D	7"	D	7"
E	21"	E	21"
F	42"	F	41"
G	9"	G	8.5"

Rolling With It

According to Kevin, training in the gi is a delight. "It hugs your body in all the right places for maximum maneuverability." The jacket and the pants breathe well enough to stay cool, even during long summer training sessions. Both feel strong with all the standard areas your opponent would grip being reinforced. The gi definitely gets you through the most epic mat wars you'll have with minimal worry, so you can focus on your opponent. All-in-all, Kevin put about a dozen rolls on the gi. The detail photos show the level of wear after those rolls which isn't bad at all; still looks pretty good.

Highlights & Specs

- Comfortable yet durable
- Good maneuverability
- Great for training or competition
- Lightweight at 4.25lbs total.

Verdict

Solid gi, durable, clean esthetics, nice features, decent price.

PERORMANCE: ★★★★½
QUALITY: ★★★★½
VALUE: ★★★★½
OVERALL: ★★★★½

CONCLUSION

The Hayabusa Shinju 2 is a great gi for both training and competition. It can withstand all the rigors of training and the intensity of competition. The gi fits well for those with an active top game, allowing the user to move without limitation. Tipping the scales at a total weight of 4.25lbs (1.35 pants, 2.9 jacket) is not bad considering Kevin tested an A3. At a price point of $179.99 USD, the Shinju 2 wouldn't be considered an entry-level gi, however, it's quality, features, and attention to detail make the price easily justified. The Shinju 2 is an easy choice for anyone in need of a high-quality competition gi that will last for countless hours of training. *jjm*

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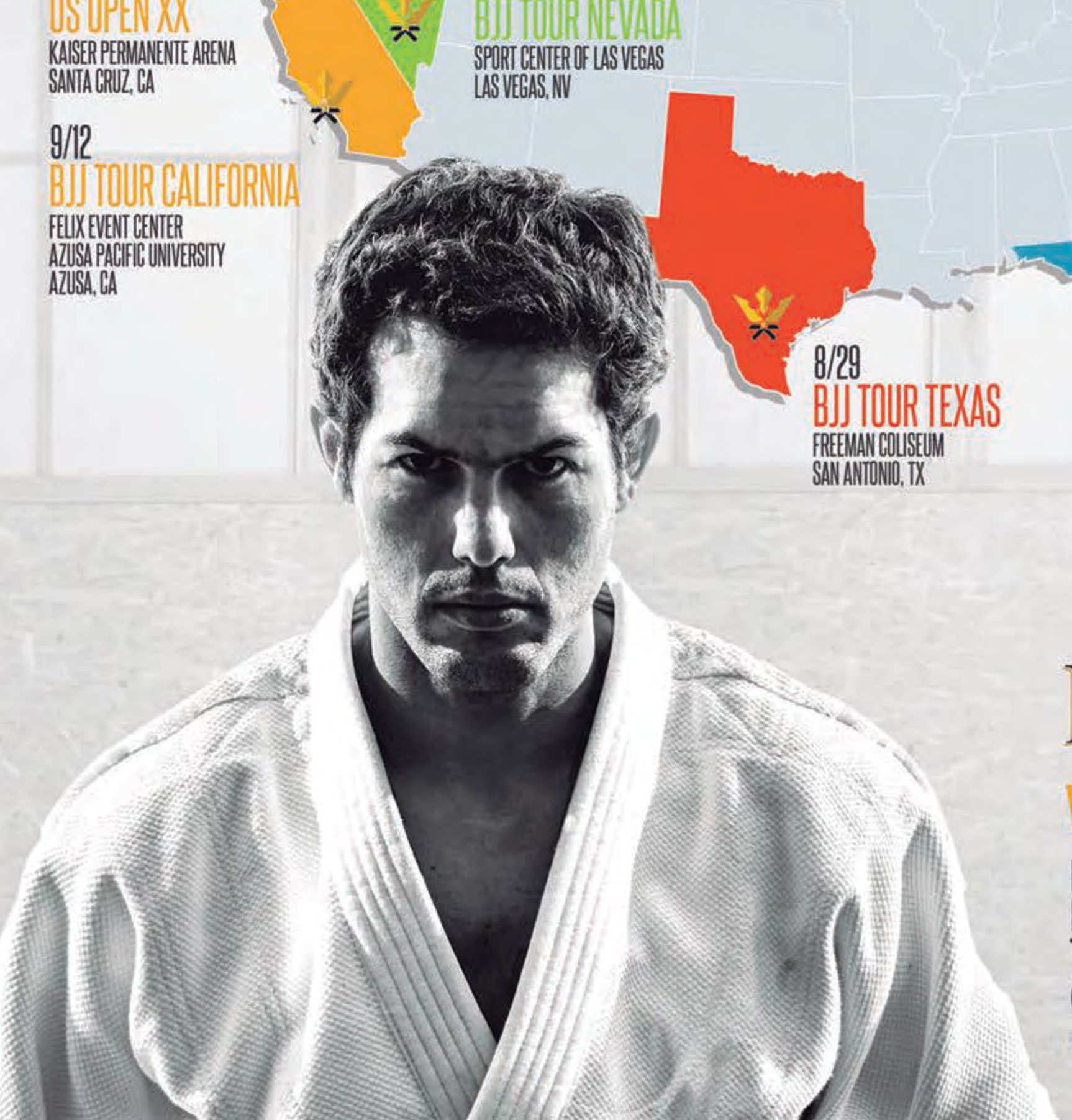

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JITSGRIPS

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Travis Guesnon

ONE PRODUCT THAT I'VE BEEN INTERESTED IN TESTING OUT FOR A WHILE NOW IS THE JITSGRIPS. Before we received this package in the mail, I'd heard nothing, but good things about the product and wanted to see if all the hubbub is warranted.

Improve Your Game Anywhere

If you aren't already familiar with the product, JitsGrips are known as a product used to improve your open, spider, De la Riva, lasso, and inverted guard games. The movements that can be performed with it do well to mimic the hand and foot motions you would typically drill with a partner or utilize in sparring. Other great aspects of it are that you need no partner; the package is compact and can easily travel anywhere. It immediately reminded me of the article, "Improving Mobility" in Issue 25, where our model demonstrated how to use a jiu-jitsu belt to improve one's guard game.

It's Better Than A...

...belt! Where you grab on the JitsGrips aren't handles, nor are they the ends of a belt where you can wrap your hands around it. Instead, the handles are two sleeve ends made of high-quality gi material that give you [obviously] the same feeling as grabbing a gi sleeve. This allows you to perform either a pistol, four fingers or collar grip just as you normally would. So, the entire time you're using the JitsGrips, you'll be constantly working your hand grips and arms, thus improving them, rather than holding a wrapped belt, much more easily.

Also Better Than A...

...gi jacket! Here's why: for starters, its minimal size won't get in the way like an empty jacket flopping around. When you link the sleeve attachments to the latex resistance band, the resistance replicates the pressure of a mock partner/opponent who is fighting to pass your guard. YOUR LEGS HAVE TO WORK to keep the resistance band at a distance from you. If you don't find the resistance of the single band tough enough, you can easily purchase additional bands from the website for $5.99 each to build it up how you like it.

Other Uses

Everyone immediately thinks "guard game" when seeing these things, but there's so much more you can do with them. Practicing the grips and hand motions you'd use during throws, as well as arm drags, is another cool feature of the JitsGrips. By hooking the product to a stationary object or pulley system, this can be easily done.

You can also step up your conditioning program by attaching the gi sleeve pieces, along with the universal bar attachments, to any pull-up bar, barbell, dumbbells, kettlebells, pulley systems, etc. They are going to make any workout that much more difficult, nd again, force you to work your entire body constantly.

Overall

Probably the only modification or addition I'd like to see is if there was an additional type of sleeve created with an open slit and a gi collar made of EVA foam material to grab. This product surprised me even more with its ability to train throws and arm drags as well. It's an excellent product that can help anyone in terms of improving those above. You can work a variety of guard games, while simultaneously improving your conditioning, by forcing you to work your grips, arms, legs, and core. The complete set is $49.99 and is a great deal! *jjm*

Verdict

Great price for a great product! A win, win!

PERORMANCE: ★★★★½

VALUE: ★★★★½

OVERALL: ★★★★½

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Mike Velez **Patrick Flores**

IT'S NOT TOO OFTEN THAT YOU CAN DO SOMETHING GOOD FOR OTHERS, WHILE AT THE SAME TIME, GET SOMETHING OF TANGIBLE VALUE OUT OF IT FOR YOURSELF BEYOND THAT AMAZING SENSE OF GIVING. In 2014, the Jiu-Jitsu Groundwork Project was started with the focus of creating a means of assistance for underprivileged youth to participate in jiu-jitsu programs in Hawaii, with the eventual goal of expanding around the world. The project provides sponsorship in the way of tuition and required equipment, while working with instructors and students to make sure they stick to a training schedule that will give kids the benefits of jiu-jitsu that so many of us enjoy. Vandal Kimonos has pledged 50% of the proceeds from the sale of the gi I'm about to review go to this project.

Pants

The Groundwork Project pants are built pretty solidly; they have to be. You've heard tales about how hard the braddah's and sistah's roll back on the Islands. The pants are made from 12 oz canvas, which is not the first choice if you're sweating to make weight before competition, but you will really enjoy the soft feel and durability of these pants. The gusset's made from the same pearl weave you find in the jacket. This is not a new feature, but one many companies have gone away from over the years. I like it. It gives the pants a little more breathability and adds to the comfort. Inside, the pants have nylon reinforcements in all the critical areas where things could possibly rip. Along the inside of the waistband is a Groundwork Project soft ylon tape stitched in to add a clean finish, along with some durability. The accents are in a bright green that contrasts nicely with the black material. The bungee-like drawstring is held in place by a total of eight belt loops, two of which are more like panels. These help to keep your drawers on during those long tiring rolls.

The kneepads are reinforced from mid-shin, thanks to an extra piece of canvas. At the bottom of each pant leg nylon tape is stitched into the inside cuff to keep the pants together when someone's tugging on your legs. When it comes to styling, the pants are as understated as you can get, being black and neon green. A simple "iRoll" patch is located on the front of the right hip and a small embroidered "VK" logo is stitched into the lower left leg.

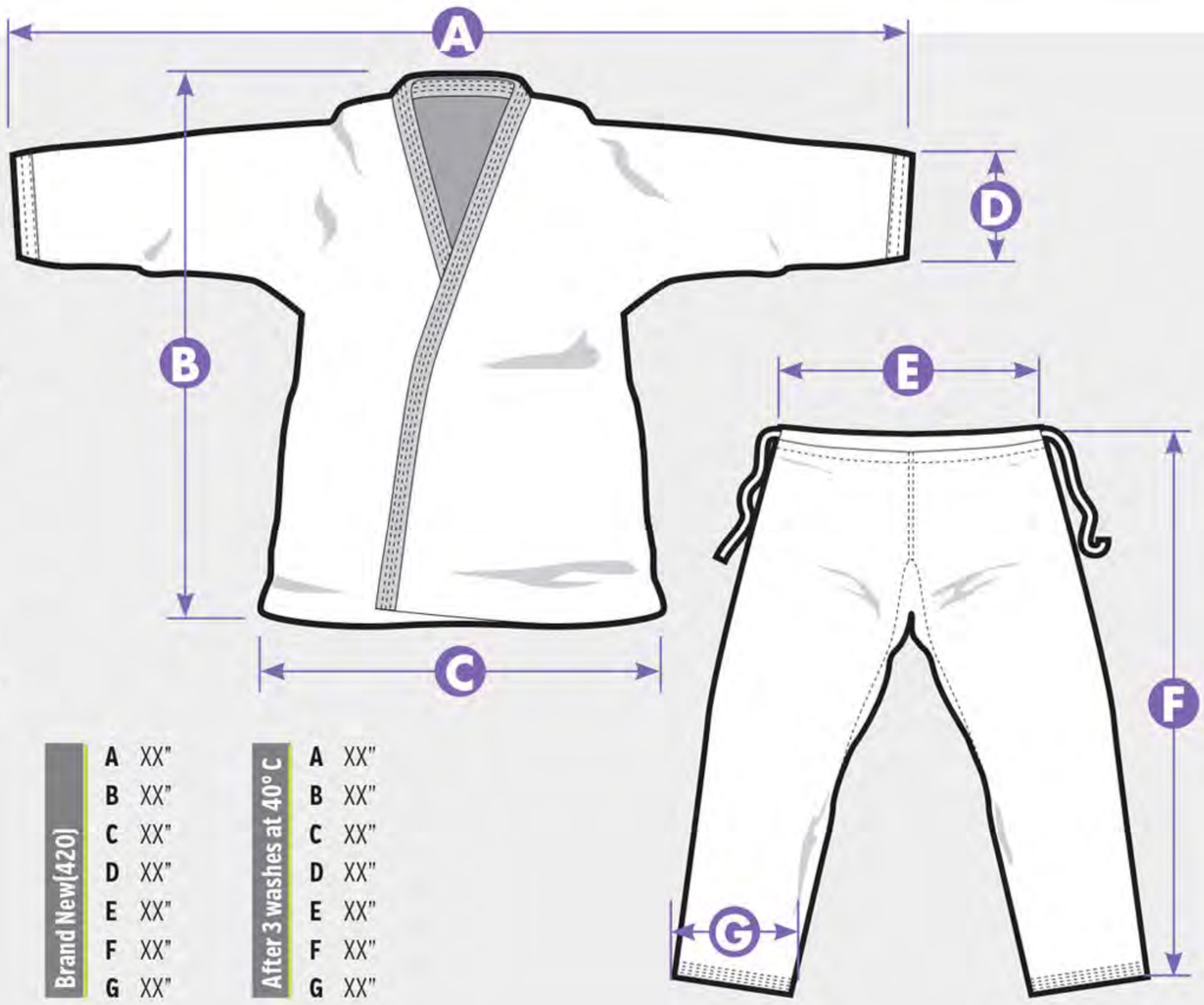
Jacket

The Groundwork Project jacket uses the same cut as Vandal's best selling Viper 2.2 gi. It's a cut that's been proven to be fairly universal in how it fits most grapplers in its proportions. With 21 different sizes available (yes, you read that correctly TWENTY-ONE available sizes), I'm sure you'll find one that's just right for you. Back to the jacket, it's cut from 450 GSM pearl weave. Out of the bag the jacket's soft nd pliable. When putting it on for the first time, it felt roomy in the right areas without the sleeves being too long on me (A2). To match the quality of the pants, the finish on the inside of the jacket is "no ka 'oi" (the best). Where pieces of fabric come together they're triple-stitched. All the critical areas are reinforced with nylon reinforcement. It's easy to appreciate clean stitching when it's contrast, but when it's black like the rest of the jacket you have to look closely. After closer inspection I found almost all of the stitching to be clean, straight and consistent. That's a good indicator of quality. If the time was taken to do this right, even when it's not easily seen, chances are everything else was done the right way.

The EVA foam collar is flexible, but a little on the stiff side. Depending on your preference this could be good or bad. Along the inside edge of the collar, on the interior of the jacket, is more of the VK nylon tape, which is a nice touch. The rest of the interior, along with the reinforcements has the iRoll Groundwork Project printed material over the shoulders. Outside there are embroidered logos on each sleeve, an iRoll patch across the bottom of the left sid and an embroidered Japanese kanji on the back just below the neck. Again, as clean and understated as you can get with black and neon green. Lastly, the gi comes in this super cool bag that has a zipper pocket, a nice touch we've not seen before with an included gi bag.

Fit and Feel

My first time trying on a Vandal Kimonos kimono I thought the A2H would be the right fit for me. I'm usually between an A2 and A3. Boy, was I wrong. It was way too big for me, and then I tried the A2, ah, perfect. The Groundwork Project A2 fit me nicely. The sleeves were a bit long, but after a couple washes I figured it would have a tailored fit, and I was right. The shrink rate was not bad at all, as could be expected. The pants also felt good, sometimes pants fit me a bit tight in the " 'okole" (buttocks), but the GP fit nicely, even after washing.



Brand New(420)		After 3 washes at 40° C	
A	XX"	A	XX"
B	XX"	B	XX"
C	XX"	C	XX"
D	XX"	D	XX"
E	XX"	E	XX"
F	XX"	F	XX"
G	XX"	G	XX"

Rolling With It

Rolling with the gi has been great, no issues at all. The jacket doesn't seem to stretch out when really wet from sweat like some gi's. The drawstring, once tied tightly seems to stay in place, and tied. The pants feel good and breathable. My only complaint is that the collar bows open at times from the stiffness, which can make it a prime target from your opponent to get a grip. As for wear and tear there's none to speak of after about 8 to 10 wash/roll cycles. The color isn't fading at all either.

Highlights & Specs

- 450 GSM pearl weave jacket
- 12 oz canvas pants with pearl weave gusset
- EVA foam collar (medium-firm)
- Available in 21 different sizes
- Seam tape is folded under for a smooth feel
- A gi bag you'll want to keep

Verdict

Good value, great quality, and contributes to a good cause.

PERORMANCE: ★★★★½
VALUE: ★★★★½
QUALITY: ★★★★½
OVERALL: ★★★★½

CONCLUSION

The Groundwork Project gi made me feel good in more ways than one. It's good to know the entire project is doing good things for underprivileged kids in Hawaii, and eventually, around the world. On the mats it feels good to roll in and isn't a distraction. A good gi is one you're not thinking about when you're rolling. With that test in mind, the GP is perfect. At $169 it's a sound value considering the quality and attention to detail. The gi shown in the photos is an A2H, we weighed an A2 and it weighed in at 2.6lbs for the jacket and 1.4 lbs for the pants, not bad! If you want to look good while rolling, and at the same time do good for the next generation, take a look at the Groundwork Project kimono from Vandal Kimonos. Never again will you be called a "haole" when you're in Hawaii. jjm

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WHITE BELT PROBLEMS TO PASS OR NOT TO PASS

Tony Pacenski Patrick Flores

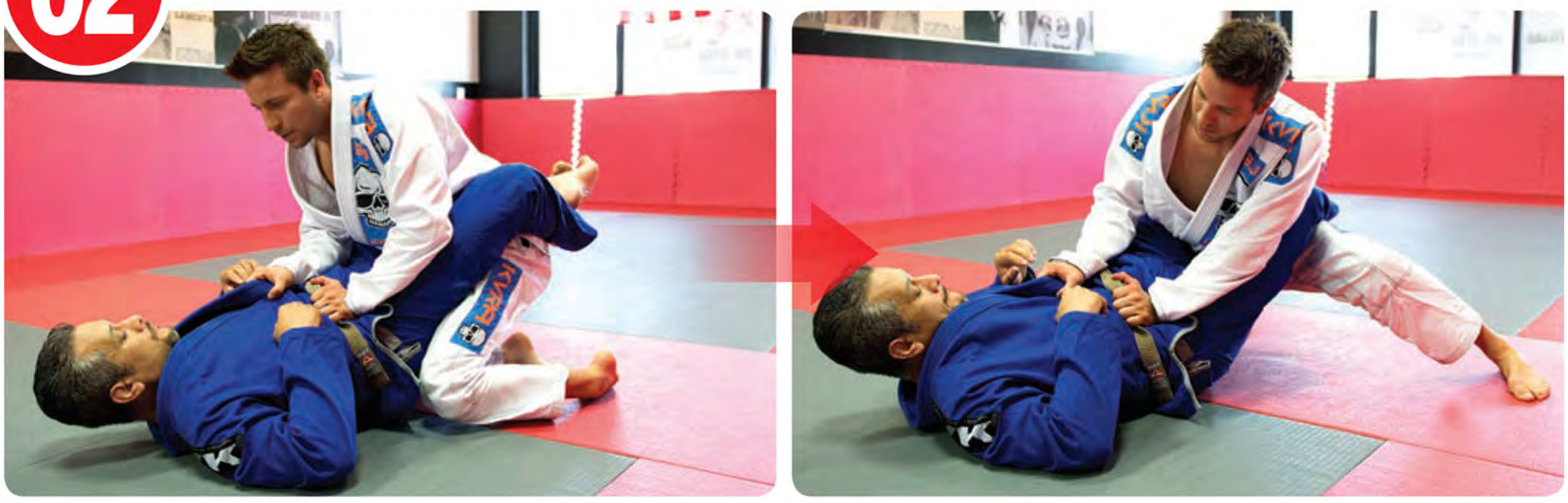
PASSING THE GUARD POSITION IN JIU-JITSU CAN BE ONE OF THE MOST CHALLENGING POSITIONS TO CONQUER DURING A MATCH OR DURING TRAINING. It has become commonplace to watch tournament matches decided on who passes the guard and who doesn't. Such a great amount of time is spent learning how to use the guard effectively and how to pass it, students are taught from week one to open the opponent's ankles and use fundamental methods to pass the guard. Over the years, from white belt through black belt, I have learned and relearned, and learned and unlearned many different types of guard passes both on the knees and standing up. Many times I was asked, "How does a new student know which methods of guard passing work the best if there are so many to choose from?"

Students learn very quickly that each person's style of jiu-jitsu is different. As if it was yesterday, I can still hear my instructor saying, "Each student in class will learn jiu-jitsu and have his or her own style of applying it." However, all of us needed to begin somewhere; we needed to learn the basics in passing the guard. These A, B, C's were necessary so that we could make the words, the sentences, and finally the paragraphs to express ourselves just as a good writer does. My problem as a white belt was that I could never seem to open the guard, let alone pass it. Therefore, my instructor taught me the basic kneeing or sitting guard pass instead of standing up to pass the guard. I later found out it was easier for me to open my opponent's legs when standing up, yet passing on my knees worked great until the other students picked up on the triangle choke. After Royce Gracie used the technique to win against Dan "The Beast" Severn in UFC 4, it was the new popular move to do. So, there I was, being triangle choked by the upper level students and blue belts. Wow, I was intimidated, too! When I was on the knees to pass the guard, I wanted to learn everything I could on how to defend the triangle choke.

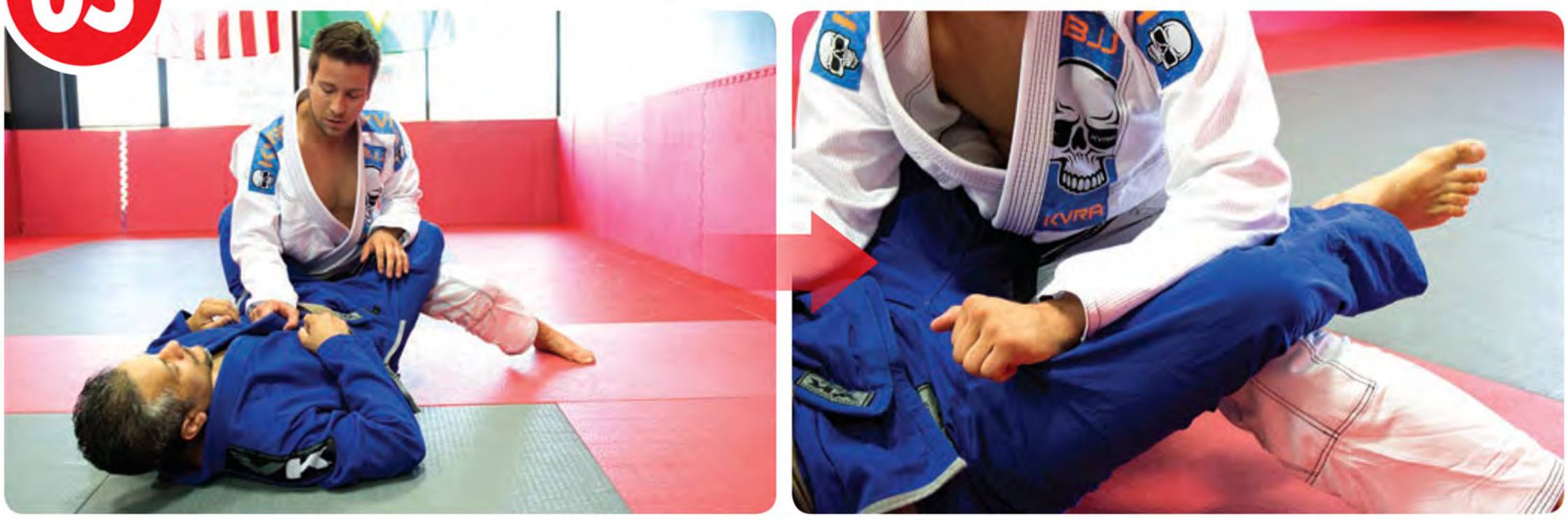
» CLASSIC GUARD PASS WHILE AVOIDING THE TRIANGLE

01 Tony begins in the guard, holding the belt the collar of the opponent. Tony keeps his knees close together to lift his oppont's butt off the mat, making it more difficult for him to keep his guard closed.

02 Being careful not to let his shoulders go past his knees Tony comes up and steps his left foot out while angeling his left side away from his opponent.



03 Now Tony pushes him self away from his opponent, letting go of the belt and bringing his left elbow over his opponent's knee to help build the pressure that eventually opens his guard.



04 With the guard open Tony quickly brings his right elbow in to protect his arm from an armbar or triangle and swims his left arm under his opponent's right leg.

05 Quickly Tony shrugs his opponent's right leg up on to his shoulder while at the same time driving forward and grabbing his opponent's farside lapel with his left hand.

06 Tony gets up on his toes driving down and into his opponent. At this point his opponent is hating life and just wants him to pass already.

07 With good pressure, Tony is able to clear the ankles of the opponent, letting the legs pass his head and finalize the cross body position.

Ultimately, the main thing is to put your time in to learning the guard. Understand that movements change and stay the same, You will have recurrence in your training and learning. You have to be put in the same position over and over again until you find peace there and not struggle in movements of ignorance. You have to learn the difference between a good habit and a bad habit, and that sometimes a bad habit is okay under the right situation. The old saying in Martial Arts is, "Don't confuse the map with the territory." This philosophy applies in those situations. Finally, remember that you are different than your instructor, but jiu-jitsu has principles of leverage, technique and strategy that make movements work effortlessly; so use those principles and pass as you wish to. Remember to drill so you can gain sensitivity and muscle memory reflex.

» EFFECTIVE STANDING PASS

01

Starting from the open guard, the opponent holds Tony's ankle and sleeve attempting to bring his leg/foot on the hip. Tony holds the opponent's sleeve and uses his elbow and knee to counter the foot on his hip. With the free hand, Tony holds the pants or the ankle of the opponent.

02

Choosing to pass the guard, Tony grabs the inside of the opponent's pant leg and thrusts it forward, at the same time driving his right knee and hips forward as well.

03

Moving the legs to pass the body, Tony brings his knee to the mat and uses his hips to create pressure to avoid open space for countering.

04

Tony finalizes in the cross body position looking and feeling for his next attack.

Important Tip:

If his opponent has a good grip of his sleeve Tony will circle his wrist around in a clockwise motion (relative to Tony) to break his opponent's grip.

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DON'T FORGET THE FOOTLOCK!

When I started jiu-jitsu, I remember a Brazilian student saying, "In Brazil, if you are tapped out by a foot lock from in the guard, this type of finish is looked down upon." He said that an effective guard pass is better and more skillful than taking the lazy way out by attacking the legs. Out of this former idea, one thing is important that will make my point about leglocks not always solving the riddle of passing the guard. If there are two students who begin to learn how to pass the guard, and one takes the time to learn how to pass the guard effectively, while the second always attempts footlocks instead of learning the steps of passing, what is likely to happen? In this situation, one student will become a better guard passer while the other will not, yet he or she did explore leg attacks. Which is better as an instructor for students to learn first?

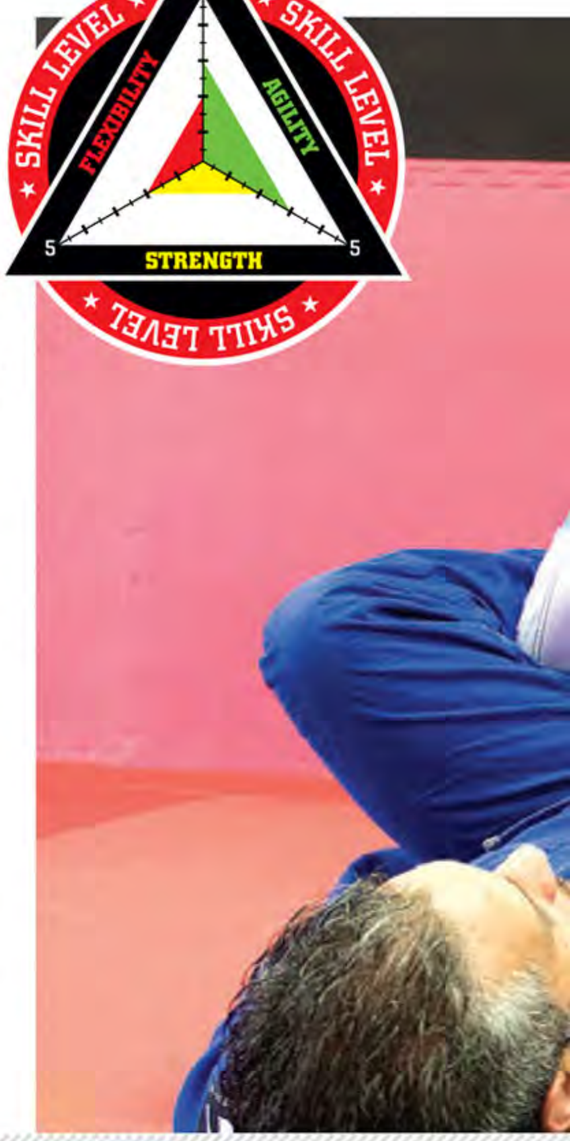
Personally, when teaching beginners jiu-jitsu on the ground, I feel it is important for them to learn the basic positions, such as the guard, mount, and cross side positions first. Then, at a later time, these same students will learn submissions attacks. This is not to say that I am attempting to compare apples with oranges. Leglocks, while in the guard of an opponent, should always be an option never looked down upon in any culture. If the person taps out, you win, be it footlock or choke from inside the guard.

Of course, it is important to mention that in the standard jiu-jitsu rulebook there are fine lines that cannot be crossed when it comes to the topic of leglocks. Depending on your belt level you can only perform a certain number of leg attacks against the opponent in a tournament match. For example, a blue belt can only do straight footlocks and not twisting anklelocks or kneelocks; however, if this blue belt brings his own leg over and across the opponent's leg, this can result in a DQ when the opponent calls foul, which is known as reaping. So in essence, if your jiu-jitsu academy teaches by the rulebook, students will be limited in understanding the dynamic of effectively handling how to pass the guard – and to me that is not right, although I understand the safety that is involved in tournaments and in the academy when applying leglocks. This brings me to effectively performing a leg attack from inside the guard.

The basic strategy of applying a leglock when inside the guard is to create distance between you and your opponent when his foot/leg is not protected and the ankles are uncrossed. It is difficul to break a foot that is being protected, and without the right timing and leverage, the footlock will not exist. Plus, attacking the leg at the wrong time can result is losing your position. However, at right time, a good footlock is perfect for winning a match.

THE LEG LOCK OPTION

01 Again, starting from the open guard, Tony breaks any grip that his opponent might have on his sleeve and brings both hands to his opponnet's right leg, one hand around the ankle, the other on the pants.



02 Keeping his opponent's leg tight against his own thigh he loops his hand and forearm underneath the leg to get a Kimura grip of his own right wrist.

03

Using his grip of the leg and the tightens of the foot under his arm he adjusts to that the top of his opponent's foot is just beneath his armpit and his forearm on his opponent's Achilles tendon.

04

To finish this straight ankle lock standing up Tony uses his knee as leverage against his opponent's body and drive his hips forward and tightening on the ankle to finish.

TO PASS OR NOT TO PASS

Passing or not passing the guard comes down to how you train personally and how you test yourself against all different body types. During your training and handling of the guard, your personal view should not be a question about being a pro-leglocker or a pro-guard passer. Your resolve in this manner is how well you combine transitional movements to pass the guard with leglocks to finish the match. You become a pro-finisher adapting and changing with the uniqueness of the situation. *jjm*

Mindfully MEDITATING

Matt Corley
with Nic Gregoriades (www.jiujitsubrotherhood.com)

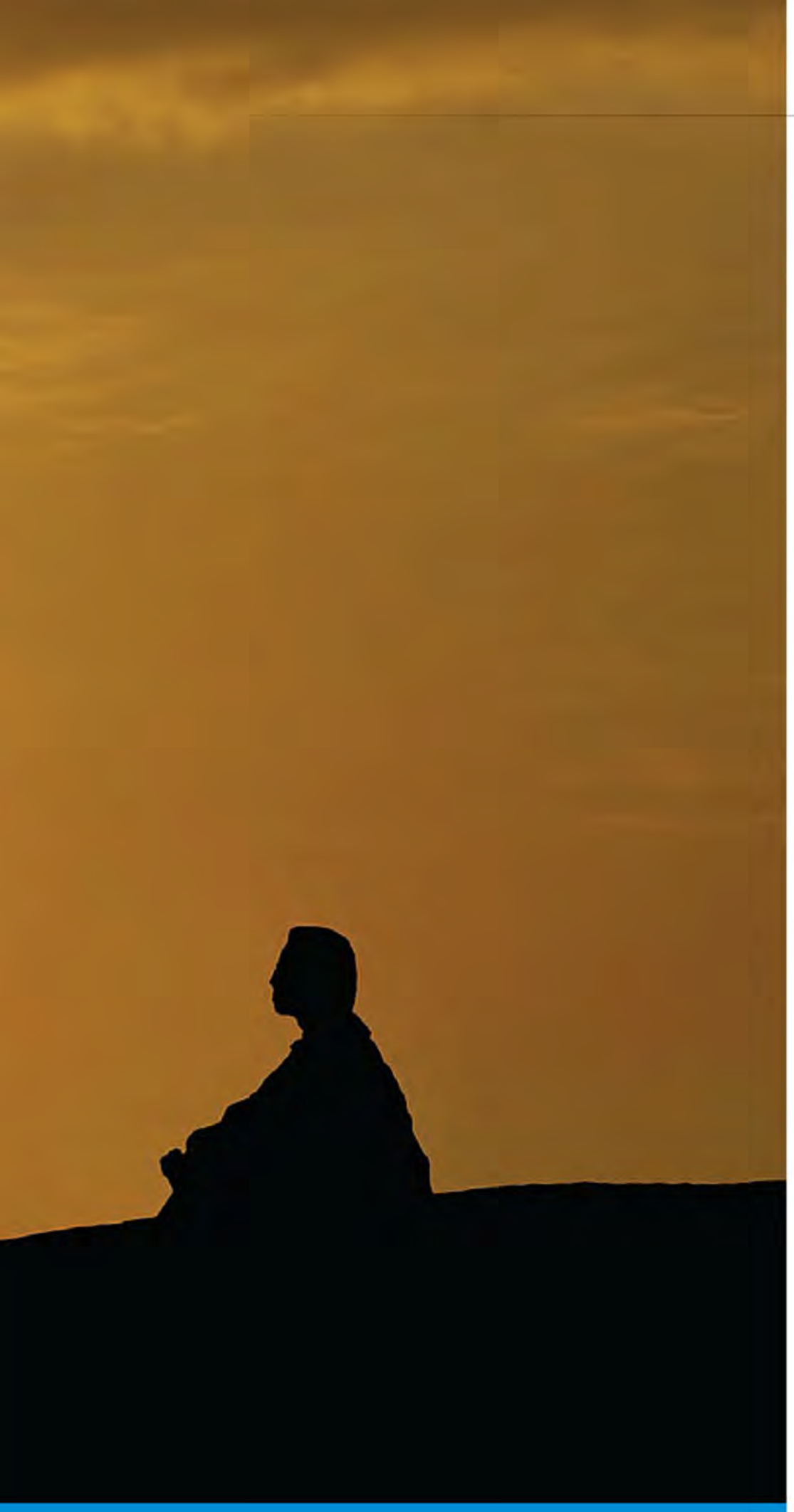
WHEN I HEAR SOMEONE MENTION MEDITATION, MY MIND IMMEDIATELY TURNS TO IMAGES OF YOGIS, MONKS, AND MORE RECENTLY, TO NEW AGE SPIRITUALISTS SEEKING OUT INNER TRUTH AND ENLIGHTENMENT. Meditative practices aren't limited to Eastern philosophies and can also be found throughout the Judeo-Christian canon. Rickson Gracie even taught the Hulk how to meditate. To be perfectly honest, as I write and research this article, I'm skeptical of the benefits of meditation. That said, I do believe strongly that mindfulness is a trait that should be cultivated, and maybe, just maybe, the two aren't all that different.

Mindfulness is defined as the state or quality of being mindful or aware of something. Other definitions include the technique or process used to focus one's attention on oneself, and finally, it can also be defined as the mental state attained by using those techniques. Meditating is to engage in thought or contemplation; generally as part of religious or spiritual introspection. Meditation is defined as the act of meditating. Mindfulness appears to be the secular version of meditation.

SHOULD I MEDITATE?

Meditation can be interpreted as simply slowing down and paying attention. Do you have difficul paying attention in class? At work? At home? Do you have a threshold for how long you can watch an instructional? Take a quick look at your environment and you'll quickly see why. We are inundated with stimulus. While writing this article I'm getting emails, texts, phone calls and listening to Spotify in the background. Does that sound like a lot to you? It is, but that's the typical working environment for many. By the end of my day, my mind is so overloaded, that I have a hard time even following a television show. As our life gets increasingly hectic, our attention span tends to shorten. There may become a point where you need constant and varied stimulus just to feel anything. How does intentional mindfulness/meditation help?

The Journal of Attention Disorders published a pilot study in 2007 that looked at mindfulness/meditation techniques in adults and adolescents with attention deficit hyperactivity disorder (ADHD). The 8-week study followed 32 participants who followed Mindful Awareness Practices (MAPs). The subjects had weekly formal sessions and daily individual meditations. The patient's ADHD symptoms were measured before and after the 8 weeks. Those scores were then compared to pre-trial values. Trial participants showed an improvement in alertness and hyperactivity. In addition, adult patients with other psychiatric conditions, such as depression or anxiety, reported improvements in those symptoms as well. Another small study was published by the Mary Lou Fulton College of Education at Arizona State University corroborating the data of the earlier study. Both of these studies suggest that additional research is warranted to explore the utility of

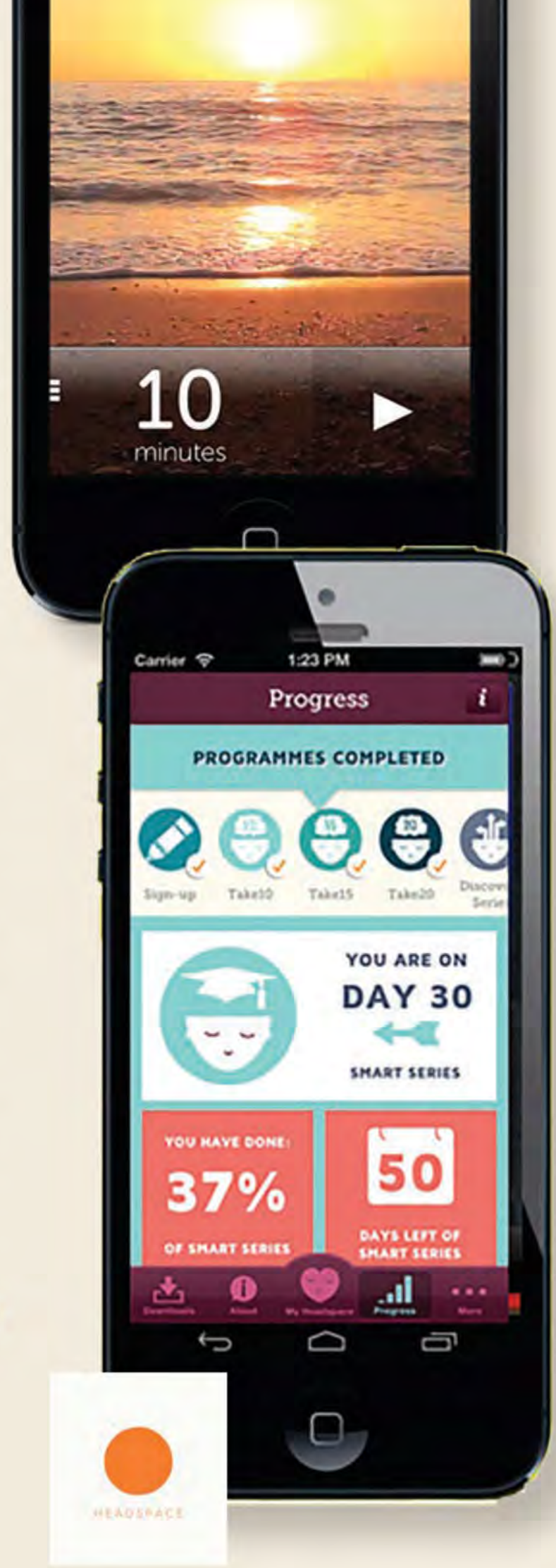


meditation in the treatment of ADHD and possibly other psychiatric disorders.

Meditation offers quite a few advantages over traditional ADHD therapy, aka stimulants. Both short and long term use of stimulants is associated with numerous side effects. The most common is loss of appetite, but there are concerns over heart safety and psychiatric conditions, such as anxiety. Meditation, quite obviously, is not associated with any adverse side effects. The stimulants most commonly prescribed are highly controlled substances and for a very good reason: they have a high potential for abuse/misuse by those taking them. The final advantage we'll touch on is that meditation is free. There are no co-pays at the doctor's office and no trips to the pharmacy to buy your prescription. This is also the reason that we're not likely to find large, controlled trials on the therapeutic uses of meditation. If there's no money to be made, there's not much incentive for anyone to pay for the trial(s).

There's an App for that

Yes, there are plenty of apps out there for your smart phone that will help you reach peace and tranquility. Many of these apps run you through what's called, "guided meditation." The length of sessions varies, but many times someone in a calm gentle voice will walk you through the meditative process. Usually, the first few sessions are at no cost in the app, with the option to subscribe to more sessions. This can be a simple and quick way to get started on a mindful meditative practice right away. Do a quick search for "meditation" in your iTunes or Android app store. The two most popular out there are Headspace and Calm; however, there are countless more out there depending on what you're looking for.



HOW DO I GET STARTED?

As I mentioned earlier, I started this article as a skeptic. I have no hands-on experience with meditative practices. Luckily, I have a friend who's well-known for his existential outlook and philosophical approach to life and jiu-jitsu, Nic Gregoriades.

There are many methods used to enter a meditative state. It's not important which method you choose, but the simpler you can make the process, the more likely you are to stick with it.

These three elements are important for those who are new to meditation:

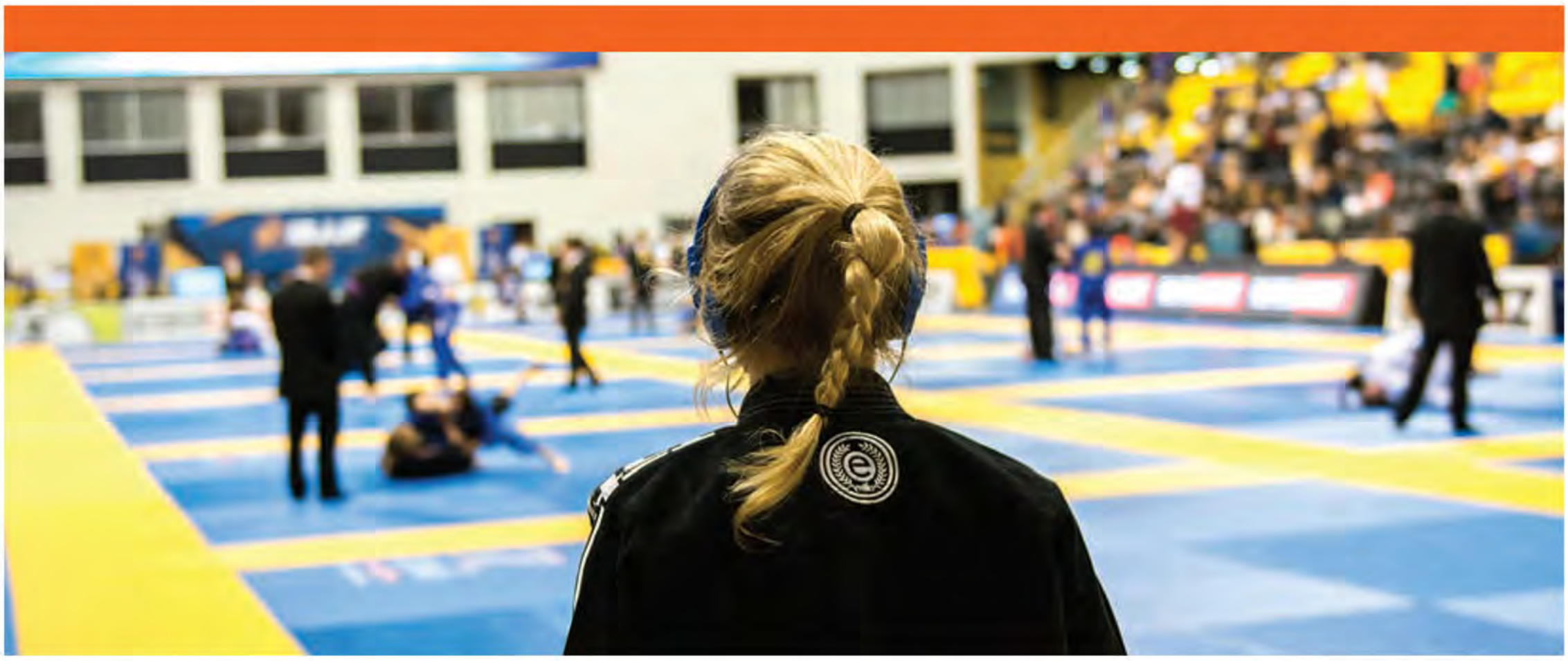
- **CONSISTENCY:** You must commit to at least 28 days. If you miss a day, start your count over at one.
- **ELIMINATION OF DISTRACTION:** Choose a quiet, preferably dark place where you will not be distracted.
- **AWARENESS OF THE BREATH:** Whenever you become distracted and your mind starts to race, come back to your breath; focus on the sensation of the cycle of inhalations and exhalations.

1. Prepare your Environment: Eliminate as much distraction as possible. Personally, I prefer to meditate just before I go to bed each night.

2. Position your Body: Sit with your legs crossed and your back straight. If your muscles in your back are especially weak, and this causes you great discomfort, it will be easier to sit against a wall. Whatever you do, don't lie down, because this will usually make you fall asleep.

3. Relax: Close your eyes and focus your awareness on your body. If you find any tension, allow that part of your anatomy to soften. Start to slow your breathing down. The slower and more rhythmic your breathing pattern becomes, the easier it will be to enter a meditative state.

4. Become 'the Observer': Don't try to 'stop' thinking. Simply watch your thought process. Don't judge or engage with any of your thoughts, but don't resist them either. As always, when in doubt, just watch your breath.



WRAPPING IT UP

The majority of the studies you'll see, as well as Nic's advice, suggest that starting with just 5 minutes a day for 4 weeks is enough to see the benefits of meditation. It won't cost you any money and it won't expose you to any potentially dangerous side effects from medications. All it takes is a quiet room and a little bit of discipline. Beyond improving your concentration you may also experience improvements in your mood and outlook on life. Nic discusses his own experiences, "You will begin to notice more of the world. Food will taste better. Several of the things which used to motivate you might suddenly seem inconsequential or even ridiculous. You will start to understand that life is not something that happened in the past, or something to expect after some condition has been met. You will realize that life is happening right now. You will start to feel alive." It's time to give it a shot and be sure to let us know how you feel after 4 weeks of mindfulness. *jjm*

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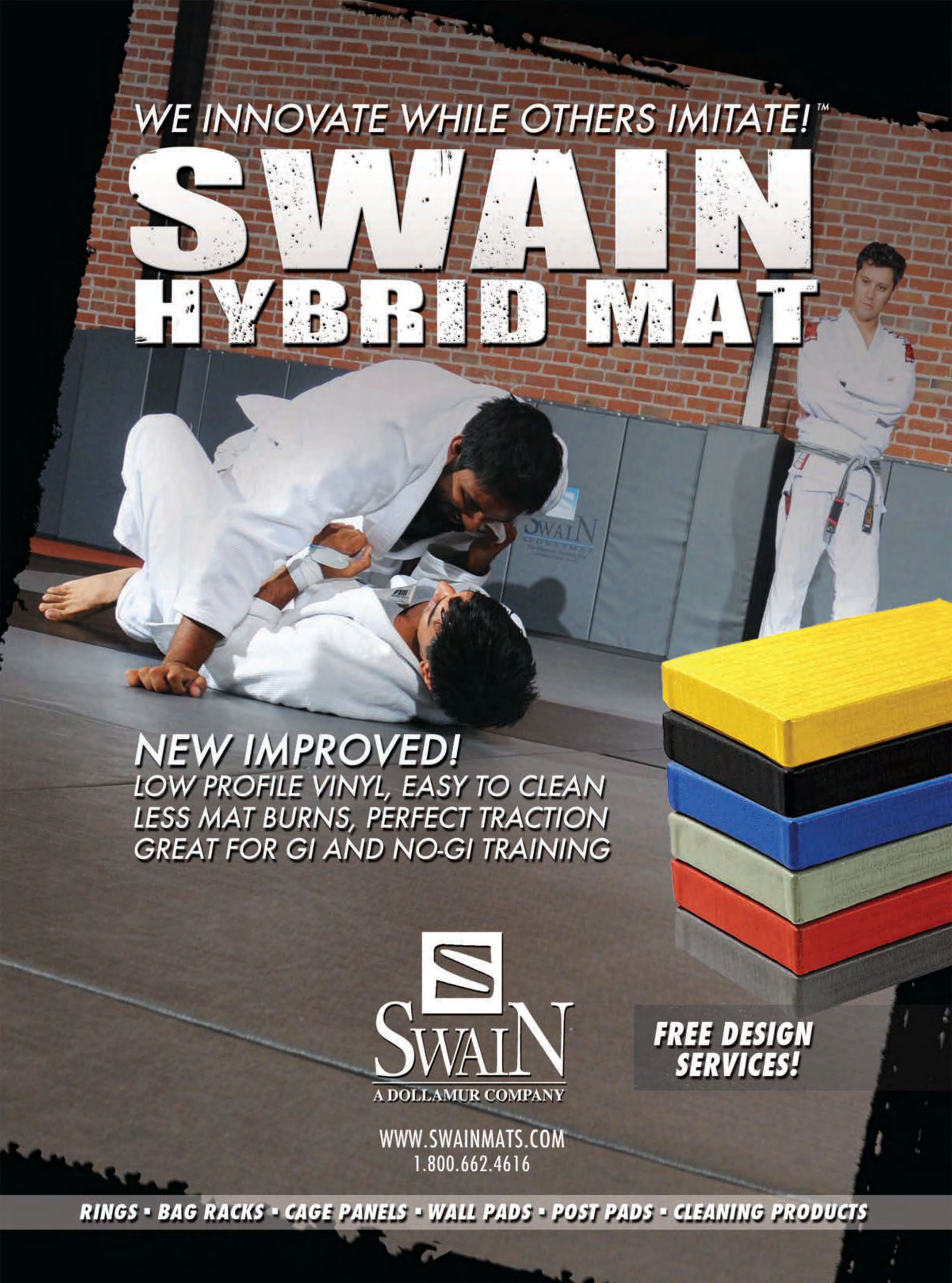

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THE FUNGUS AMONG US

A GRAPPLER'S GUIDE TO FUNGAL INFECTIONS

Matt Corley

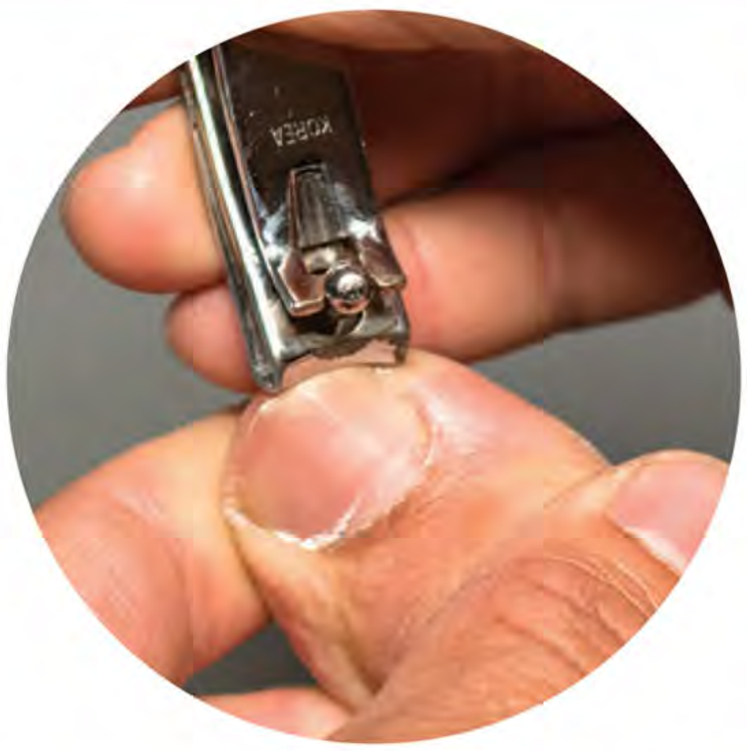
IF YOU'VE TRAINED FOR ANY LENGTH OF TIME, YOU'VE BEEN EXPOSED TO COUNTLESS BACTERIA AND FUNGI. It's a ubiquitous fact of training on a mat with a group of people. It's likely that you're already familiar with Staphylococcus aureus (aka Staph) and its supercharged cousin, Methicillin-resistant Staphylococcus aureus (aka MRSA). Hopefully, you're also educated on Trichophyton infections, aka ring worm. That said, there's another skin infection that you're probably overlooking. Next time you're at the gym, check out everyone's toes. Chances are very good that at least one person will have a thick, yellow, craggy and downright nasty toenail. What you're seeing is onychomycosis, better known as a fungal infection of the toe. These infections are typically caused by the Candida species of fungi.

SHOULD I BE WORRIED?

Reports show that as many as 1 in 10 Americans are suffering from this infection. The infection is more than just cosmetic and can lead to physical discomfort and pain, preventing the patient from having full mobility. Can you imagine trying to shoot in for a takedown with a toe like that? As a grappler, you're innate risk is quite a bit higher than the average person. The following risk factors are particularly common in grapplers: repeated nail trauma increases the likelihood that the fungi will be able to penetrate the nail bed and more easily infect the patient; frequent use of locker rooms, communal showers and other shared environments (such as the mat) will also increase your exposure to Candida infection; additionally, men are more likely than women to be infected. Other risk factors include: age, family history of fungal infections, smoking, diabetes, psoriasis, athlete's foot infection, compromised immune system and peripheral arterial disease.

WHAT TO LOOK OUT FOR

If you're concerned about your toenails, there are hallmark symptoms that are generally present in patients with the infection. Common signs include discoloration beneath the nail, build up of white debris beneath the nail and/or crumbling of the nail. In some cases the infected portion of the nail loosens or even separates from the nail bed. The infection can progress to a point where you're unable to function without pain. If you have these symptoms, contact your physician for evaluation and possible treatment. This is especially critical for diabetics and patients with a compromised immune system.



PREVENTING ONYCHOMYCOSIS

Following the basics of good hygiene is all it takes to minimize your risk for fungal toe infections.

Preventive Recommendations for Onychomycosis

- Keep your nails short and even, avoiding cutting the skin next to the nail bed
- Keep your feet clean and dry
- Do not apply nail polish to the infected nail
- Ensure manicure and pedicure tools are disinfected after each use
- Wear socks made of synthetic fibers
- Change shoes, socks, and hosiery daily
- Wear shoes that allow air flow
- Protect your feet in shared bathing areas, locker rooms and restrooms
- Treat Athlete's foot promptly

TIPS FOR SUCCESSFUL TREATMENT

Killing the fungus is difficult nd can require many months of treatment, however onychomycosis can be cured. Treatment options for your physician fall into two main categories: topical and oral. Photodynamic therapy and laser treatments have also been used with some success. Surgery is not considered an option for the majority of patients.

With regard to treatment with topical therapy, there are currently three options, but they are reserved for patients who have only superficial disease or for patients who cannot take oral medication for some reason. Topical therapy is limited by its ability to penetrate the nail and affect the infections. As a topical agent, they have fewer side effects and are less likely to interact with any medications. The downside for the patient is longer treatment times and less chance of a cure. Topical treatments take 48 weeks, and depending on the agent, only ⅓ - ½ of patients are cured.

There are also two oral agents that can be used to treat onychomycosis. While these drugs have a higher incidence of side effects and drug interactions, therapy is much shorter and more effective. Treatment with these medications is only once daily and takes 3 - 4 months. Cures rates are higher than topical therapy and ½ - ¾ of patients are cured.

Photodynamic therapy and laser therapy have been used in small trials and have shown promise. The treatments are generally covered by insurance and widely considered as potential treatments for patients who can't tolerate oral medications.

WHAT ABOUT OVER-THE-COUNTER (OTC) TREATMENT?

OTC anti-fungals are not effective at treating onychomycosis. They do not penetrate to the nail bed and are unable to get to the intrinsic infection. Other home remedies, such as vinegar, Vaporub, Listerine and antiseptics are not effective either. They may soften the nail, making it easier to trim, but they will not eliminate the fungal infection. There is, however, something that you can buy without a prescription that may work in some patients: 100% pure tea tree oil. A study showed that almost 20% of patients who applied tea tree oil twice daily for 6 months experienced a cure, while 60% of the patients reported improved nail appearance.

SPEAKING OF ATHLETE'S FOOT [AND RING WORM AND JOCK ITCH]

No conversation about skin infections and grappling would be complete without discussing ring worm, jock itch and athlete's foot. These infections are caused by the same types of fungus; the only difference between them being the location of the infection. You're roughly twice as likely to have one of these infections as you are to have a fungal infection of the toe. Lucky for you there are several OTC creams that can effectively treat athlete's foot, jock itch and ring worm. The table below shows the most common OTC treatments available.

Ring Worm

Athletes Foot

BRAND NAME	GENERIC NAME	TYPICAL DOSING AND LENGTH OF TREATMENT
Available as generic	terbinafine	apply daily for 7 days; for infections between the toes, treatment should be for 14 days
Available as generic	miconazole	apply twice daily for 28 days
Available as generic	clotrimazole	apply twice daily for 14 days
Lotrimin Ultra 1%	butenafine	apply daily for 14 days; for infections between the toes, treatment should be for 28 days
Available as generic	tolnaftate	apply daily for 14 days; for infections between the toes, treatment should be for 28 days

These treatments are not intended for children less than 12 years old

There is data to suggest that terbinafine (aka Lamisil) is more effective than the other agents. If possible, use a cream. If you're not able to use a cream due to the location, such as jock itch, use the powder. In all cases, follow the directions on the package exactly and if possible, I'd recommend using the generic brand. Tea tree oil solutions (25% or 50%) have shown to both relieve and clear up Athlete's foot infection in about half of the people who apply it daily after 4 weeks.

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Essential Oils
ALL NATURAL
Gently Promotes A Healthy Healing To Damaged Skin
DEFENSE
LAMISIL Cream
Terbinafine HCl 1%
4 Broad spectrum antifungal for treatment of skin fungal infections

WRAPPING IT UP

Every one of us has to do deal with the omnipresent risk of skin infections. Staph and MRSA aren't the only critters on the mat that you should be concerned about. While fungal infections aren't as common as bacterial infections, they're typically much more difficul to treat. With a little luck and proper hygiene you may never have to worry about any of these, but if you do, remember a few things: always, always finish all of your medication. You may look better or feel better before it's done, but until the last pill is taken, you're not finished. The last thing you want is to have to go through all of this again. I hope you never get any of these infections, but if you do, at least you're educated on how to treat them as effici tly as possible. *jjm*

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DEVELOPING POWER, SPEED AND AGILITY WITH PLYOMETRICS

Corey Beasley **Patrick Flores**

PLYOMETRICS ARE A POPULAR TOPIC THESE DAYS - AND RIGHTLY SO. The benefits of plyometrics have been proven by numerous studies over the years. If you are interested in improving your speed, quickness, agility, and power, then plyometrics should be a primary focus during your workouts.

What is plyometrics or "plyos," you ask? Plyometrics are exercises where your muscles exert maximum force in short intervals of time. Often the goal of this type of training is to increase power, speed, and strength.

Used correctly, plyometric exercise can be incredibly effective, and has arguably the greatest transfer to sport. Athletes who can exert the most force in the shortest amount of time are quicker, faster, jump higher and more powerful. In jiu-jitsu, this translates into powerful takedowns, quick transitions, better positioning, and faster submissions. Plyometric techniques can challenge the entire body and are a great way to emulate sport specific situations.

Before you start doing repeated box jumps, it's important to consider a few things:

- **Body Weight**
- **Strength Levels**
- **Body Awareness/Coordination**
- **Sport Requirements**
- **Previous/Current Injury**

All of these factors need to be considered before diving into a plyometric workout. Doing too much, too quickly, can easily result in injury. To avoid any issues, we highly recommend building a solid foundation of strength, and then use progressions to allow the body to adapt to this new stimulus and improve over time.

LAYING THE FOUNDATION

*Athletes should be able to move slowly, and with integrity, before adding speed. If you cannot perform bodyweight squats, push ups, pull ups, balancing on one foot, crawling patterns, running, shuffling, skipping, tc., then adding intensity/speed will do more harm than good.

For the purpose of this article, we are going to focus on two main categories of plyometrics: Jumping and Throwing.

JUMPING

WATCH VIDEO

Good jump technique:

The majority of your jumping power comes from your hips. Learning to hinge at the waist, while maintaining good posture, is the foundation of a good jump technique.

The arms are also a critical piece of the puzzle. When we jump, our arms should drive up as well, creating more momentum to assist our movement. When we go up, hips drive through, and our arms go up.

Lastly, our knees should track over our toes, and we should propel off of our big toe. If your posture collapses or your knees come together, it's a sign that you need to back off, regress the movement and build more mobility or strength before moving on.

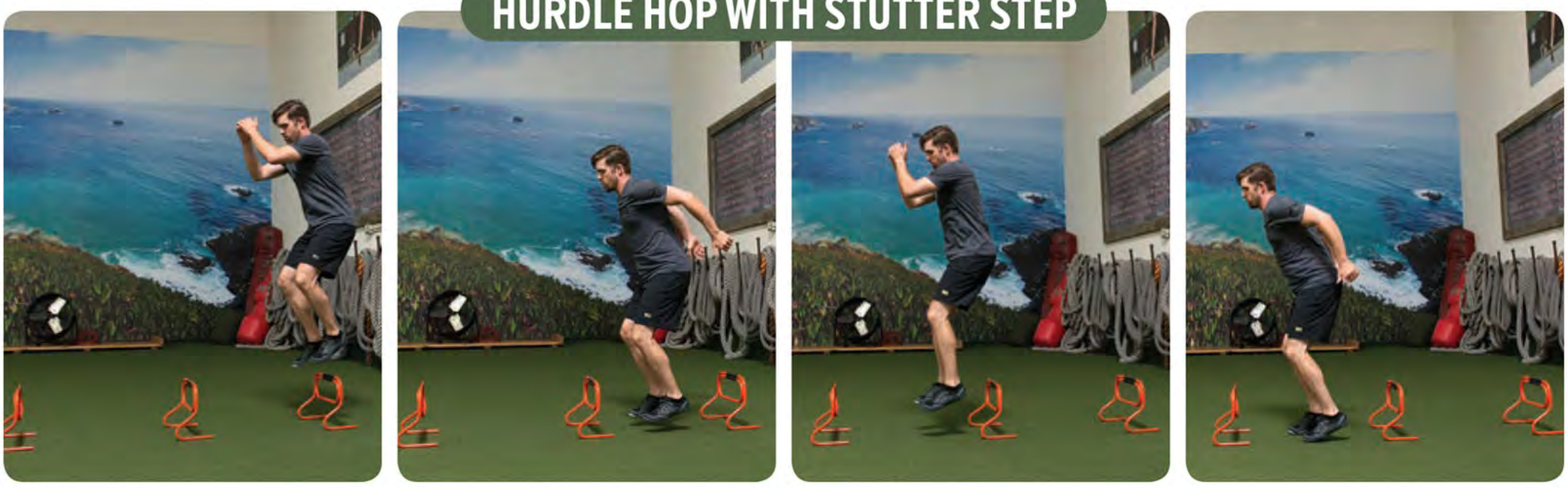
LEVEL 1: No Gravity - The goal here is NOT to stack every box that you have and see if you can jump onto it. The goal is to use a moderate step, use proper jumping mechanics, put some force into the ground, jump high as you can and land softl on top. This reduces the amount of gravity during our landing and is a great place for people to start.

LEVEL 2: Introduce Gravity - Nobody gets hurt jumping; they usually get hurt when they land incorrectly. Level 2 introduces gravity and is our opportunity to learn proper landing mechanics. A simple drill here is to jump onto a box, step off the other side and land softl on both feet. You can also do small hops over hurdles, focusing on a soft, ontrolled landing. Learning to absorb energy through our feet, ankles, knees and hips helps transfer the load and keep us safe.

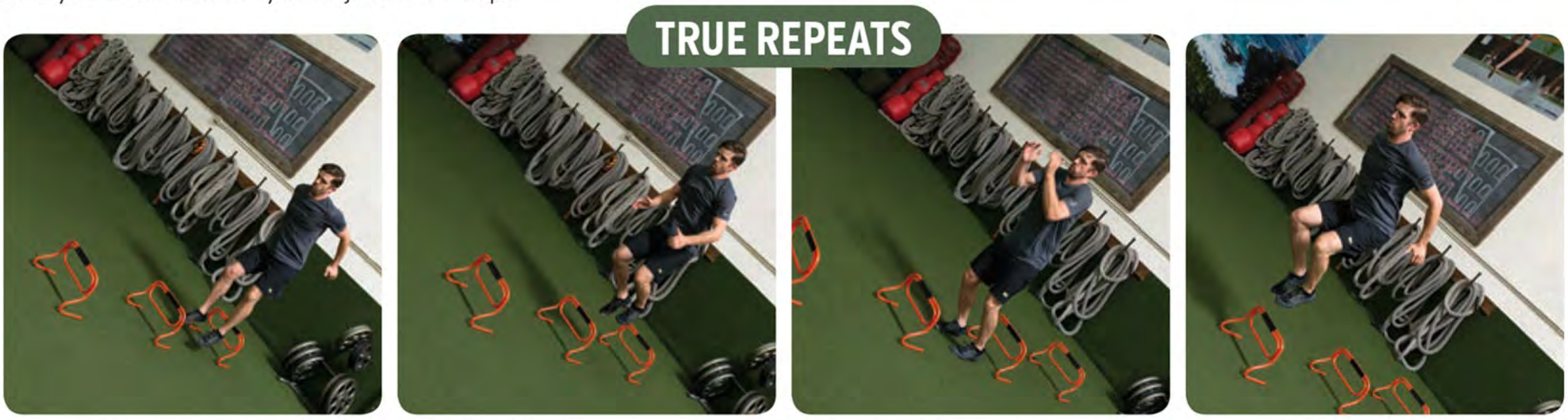
BOX JUMP, STEP DOWN

LEVEL 3: Stutter Steps - Level three is where we begin to repeat our drills and introduce a bit more speed. If we are performing a simple two-foot hop, over low hurdles, we will add a small hop (stutter step) to each landing before jumping over the next hurdle. This reduces the force on our bodies and is a great way for our body to transition into true repeats.

HURDLE HOP WITH STUTTER STEP



LEVEL 4: True repeats - This is where we can begin to jump repeatedly through our drills. Jumping, landing and quickly repeating. If we are jumping over small hurdles, then we are doing so as quickly as possible, without breaking form. Again, add speed and intensity slowly to allow the body to adjust and adapt.

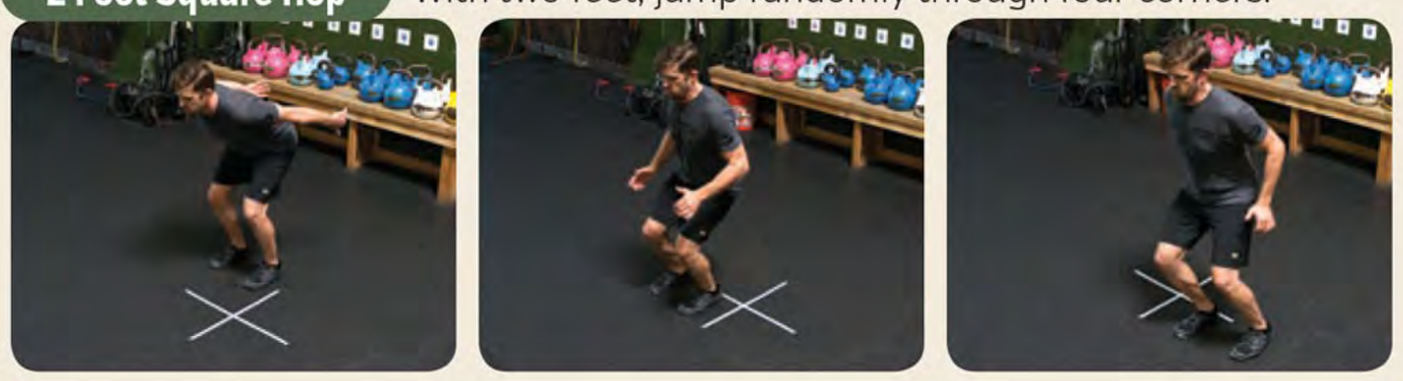


Broad Jump Repeats

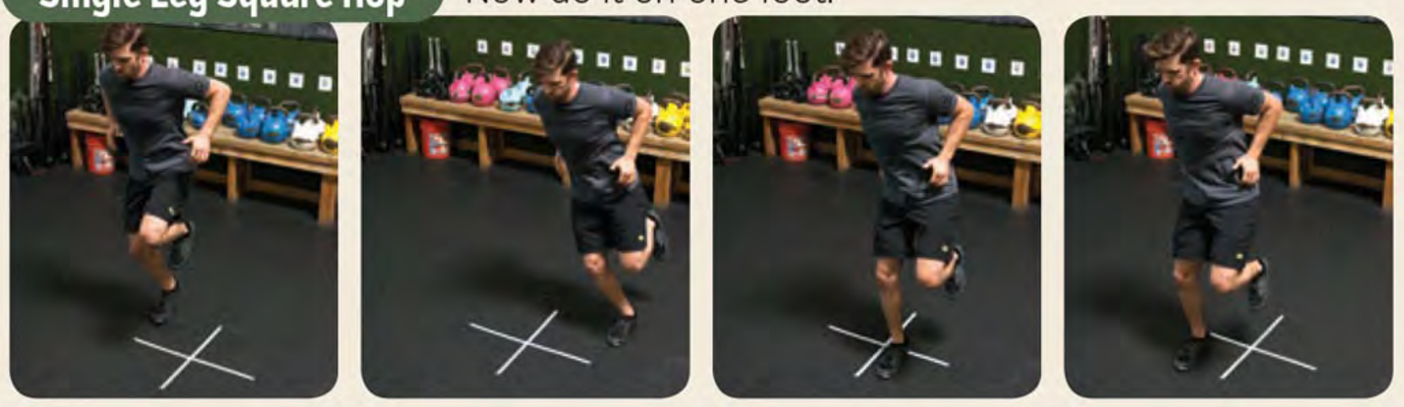
These drills can be done with two feet or one foot at a time. We can do them forward, backward, side to side, up and down. The key is to be able to move in different planes of motion while maintaining integrity and control throughout the body.

Other Exercises

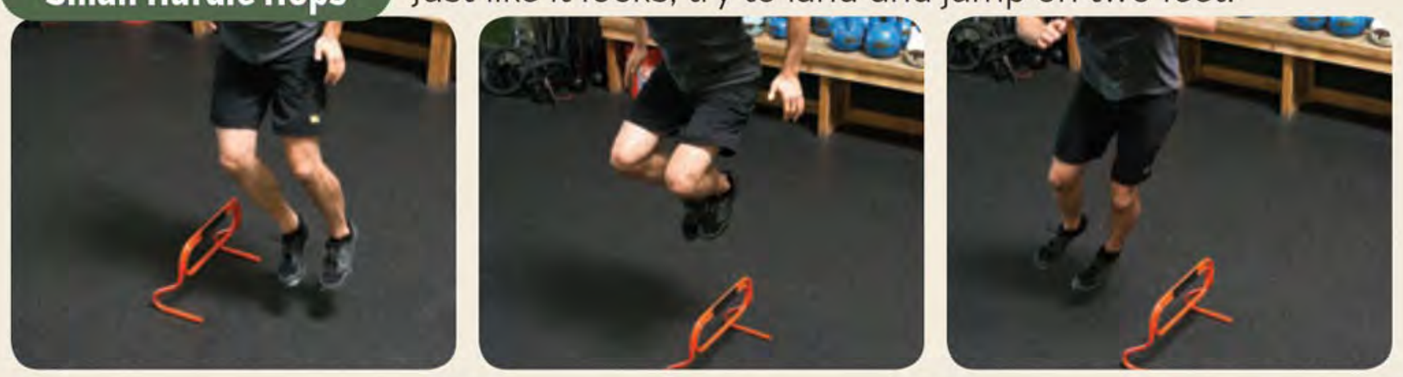
2 Foot Square Hop With two feet, jump randomly through four corners.



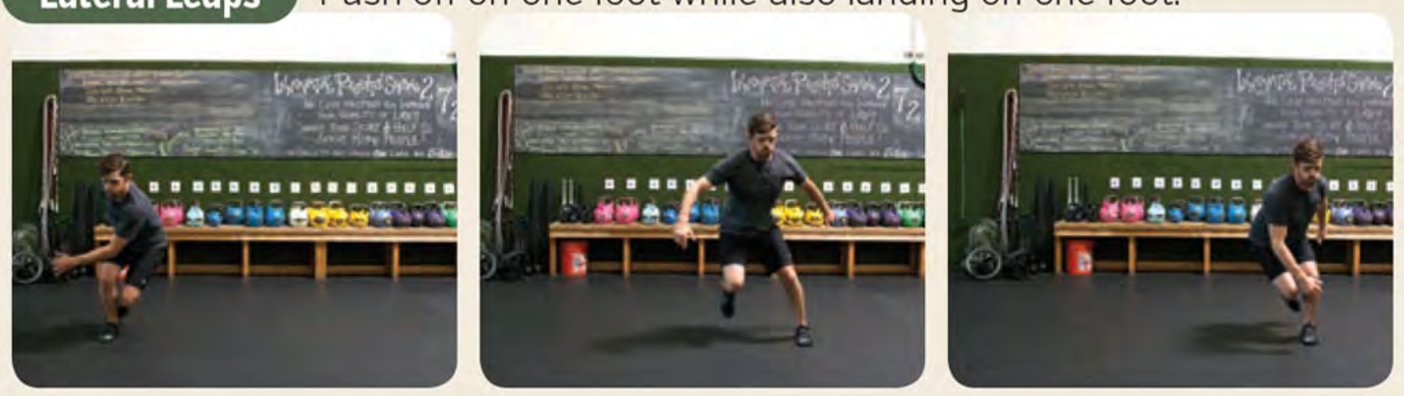
Single Leg Square Hop Now do it on one foot.



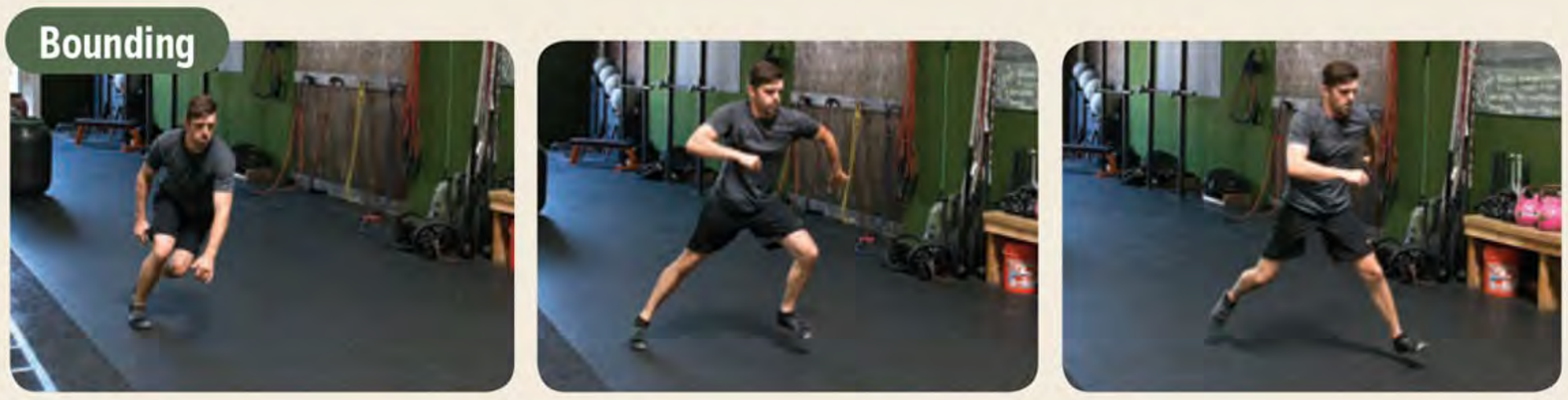
Small Hurdle Hops Just like it looks, try to land and jump on two feet.



Lateral Leaps Push off on one foot while also landing on one foot.



Bounding

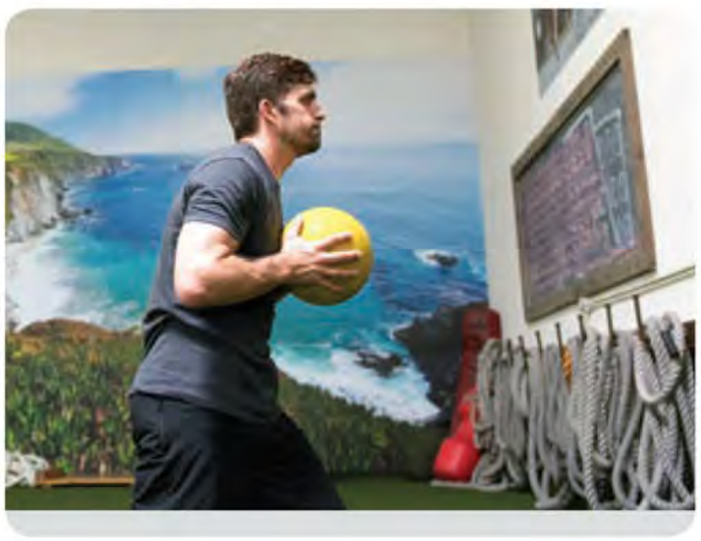


Think 'quality of quantity' with this type of exercise. The higher the intensity of the drill, the less volume should be performed. Remember, the goal is to explode, not to condition here, so allow adequate rest between sets and keep the movements explosive.

THROWING

Throwing helps us learn how to effici tly transfer energy from our legs, through our torso and into our arms. Used correctly, these techniques can help you develop more speed and power in a variety positions.

LEVEL 1: Delivering force - Throwing the medicine ball with good body position and control is priority number one. This is typically done against a wall, with a softer ball, that doesn't rebound back at us.



LEVEL 2: Accepting force - Once we have good throwing mechanics, we can use a rubber medicine ball off the wall or have a partner throw to introduce the eccentric portion of the throw. Now we have to throw the ball and catch it while maintaining control and good body position.

LEVEL 3: Repeated throws - When we are comfortable and accurate with our throws and catches, we can increase the speed and intensity of our drills. Repeat throws explosively and deliver as much force as possible for each rep.

We can perform these movements from a seated position, on our knees, half-kneeling, standing and with movement. Common exercises include, chest passes, overhead throws, single arm throws, rotational passes, wood chops and throws for height/distance.

Throwing Exercises

Perfect with a partner, increase ball weight as needed.

Kneeling Chest Pass For Distance

Overhead Pass

Single Arm Chest Pass With Step

Step your front foot into each throw and push through with the throwing hand.

Partner Rotational Passes

Use a larger ball to pass back and forth with a partner.

Half-Kneeling "Around the World"

Be stationary half-kneeling while your partner moves positions.

BONUS DRILL FOR JIU-JITSU PLAYERS

Bobcat

While jumping and throwing can have huge benefits for any athlete, jiu-jitsu athletes need to be explosive on the ground as well. The bobcat is a drill that we learned from Martin Rooney and is a great drill for grapplers.

This drill is performed on all fours, similar to a crawling position. Hands are under the shoulders, and knees are under the hips, with a neutral head and spine.

Bobcat Variations

Bounce

Explode with both your hands and feet to lift your body off the ground while continuing to maintain the bobcat position.

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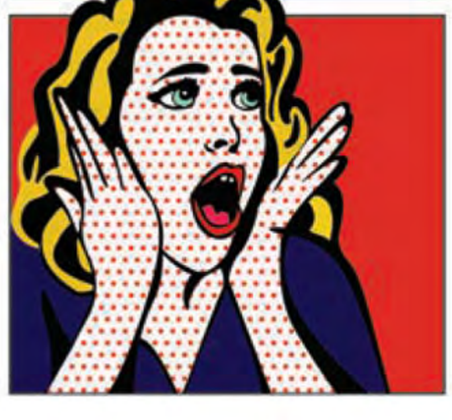

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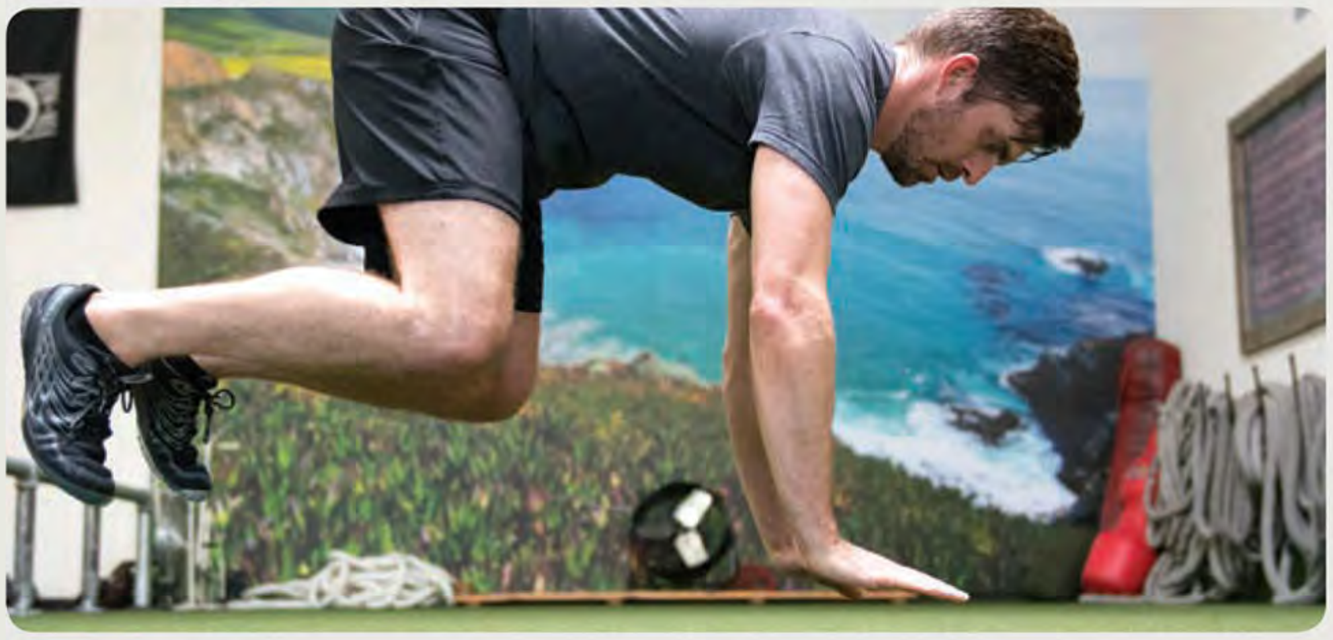
Small Hop Rather than go high go small and rapid hops.



In and Out Spread and retract hands and feet with each hop.

Contralateral

Mimic a crawl with each hop.

Rotational

Rotate your entire body each hop.

In jiu-jitsu, improving your skill is priority number one, but taking the time to improve your mobility, strength and power can also be a huge benefit. Hopefully, some of these tips and strategies will help you become a better, faster athlete, giving you an advantage on and off the mat. Check out the Videos page at **jiujitsumag.com**

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KIDS WORLD

Internantional Brazilian Jiu-Jitsu Championship

Staff Kenny Jewel

THIS YEAR'S KIDS WORLD CHAMPIONSHIP WAS THE BIGGEST YET. The single day event took over the Citizens Bank Arena in Ontario California, 45 miles east of Los Angeles. Kids from around the region and many from very far away made it out to do battle and stake a claim to glory. The event is put on once a year by Rommel Dunbar. He's been active in the jiu-jitsu community for years and puts on an amazing event that rivals the biggest and best adult tournaments anywhere. Along with the great moments captured at the event shown here we're including a run down of the winners and finalists along with some words form Rommel himself.

Sponsored by: Defense Soap, Gameness, Mike Swain, and Dollamur

LABOR OF LOVE

People always ask me why I started the Kids World tournaments. In the early 2000s, I noticed when I went to tournaments there would be six-to eight mats, but only one of them would be for kids. I kept thinking about how no one ever paid attention to the kids; they were at the tournaments, but everything revolved around the adults. Year after year I contemplated how I could put kids on the forefront and make them feel special. Around 2007 I came up with the idea of Kids World - a tournament that would be geared strictly for kids aged 4 to 17. One of the problems I came across was that nobody wanted to invest in a tournament for kids. So my journey started alone; I invested my own money and time to see my vision come to life. I knew I didn't have enough money to pay people to come out and work, so I had to find a way to use volunteers. To this day, the entire organization is run entirely by volunteers. We are an organization driven by our passion for kids in Brazilian Jiu-Jitsu and not dollar signs. That is what makes Kids World different from any other kids' tournament out there today.

The goal of Kids World is to inspire every child in Brazilian Jiu-Jitsu. We want to see that every kid who competes has a great experience - win or lose. Masters, professors, coaches and instructors bring their kids to a tournament with an agenda. They want to win – there is no other reason. What Kids World wants is to see the child who loses treated the same as the child who wins. When athletes win they are congratulated, held in high esteem and praised. When kid athletes lose we want the adults not to look for blame, but instead, let them know that what they accomplished was awesome – that they were winners just by stepping on the mat and accepting the challenge of competition. Every child should be praised regardless of the outcome. If a kid loses they should be encouraged to dust themselves off, go back to the academy, train harder, and stay focused

on improving themselves. Brazilian Jiu-Jitsu is not all we should be teaching these kids. Every child has dreams and it is our responsibility to encourage them to make their dreams a reality and never let anyone tell them they can't achieve them. As the tournament director, I have an avenue to reach out to kids and show them that hard work, dedication, perseverance, and education will make them champions on the mat, but more importantly, champions in life.

As adults, we need to be aware of the examples we are setting for our kids to follow. We are the leaders in their lives, and therefore, we should encompass the values of leadership and teach our kids what is truly important such as: education, self-esteem, self-respect, confidence, standing with position, strong energy, strong auras, and integrity. Two things in life that are important and must come together are jiu-jitsu and education. They go hand-in-hand. What Kids World wants is for parents to invest in their kid's lives – invest in their jiu-jitsu and their education. If you invest in your child's life, physically and mentally, they cannot lose. I try to reach out to as many kids as I can outside my academy. I want kids from around the world to be able to learn and grow in Brazilian Jiu-Jitsu and come together in a safe environment and share their passion for the sport.

The love of money is the root of all evil, and money is not what Kids World is about. That is my personal mission in life – to make people aware of how jiu-jitsu can turn impressionable kids into successful adults.

KIDS WORLD
Internantional Brazilian Jiu-Jitsu Championship

In 2015 I put on my most expensive tournament ever. I spent $100,000 to give kids the best possible experience. I raised only $6,000 in sponsorships to offset the expenses, so the remaining $94,000 was up to me to produce. I assure you, I will not see a profit, but the bottom line is not what drives me. If losing money is what I have to do to prove that kids are society's most important resource, then I will do it. Kids deserve a chance to shine – to step on the mat and rise to the occasion.

Every road to success is bumpy and I will continue to stumble and fall. Just like we teach the kids, I will stand tall, dust myself off and continue to move forward because my intent is to give kids a jiu-jitsu experience like none other that will last a lifetime. Kids World is committed to making sure Brazilian Jiu-Jitsu continues to grow in the US and around the world. Kids World is about investing in the kids and making them feel special because at the end of the day the kids are our future. Jiu-jitsu is not for one, it is for all. Everyone asks what jiu-jitsu can do for them, but the real question we should be asking is what can we do for jiu-jitsu? Every academy, master, professor, and instructor should be stepping up and asking how they can help make jiu-jitsu better for the kids of the world. I know I am.

In closing, if God were to take me from this Earth today, and even one child were to mention my name or say they missed Mr. Dunbar, my soul will be at peace. At that point, I will know that I have inspired and touched kids' lives in a positive way.

Rommel Dunbar
Tournament Director
Kids World International Brazilian Jiu-Jitsu Championships

RESULTS

Team Results:

GI
1st GRACIE BARRA, 2nd ART OF JIU JITSU, 3rd UNITED BRAZILIAN JIU JITSU

NOGI
1st GRACIE BARRA, 2nd CHECKMAT MAFRA, 3rd ART OF JIU JITSU

Individual Results:

GI - KIDS - 2011 - White Belt
Feather (40.00)
1st ROCCO MASON MCCOURT ART OF JIU JITSU

GI - KIDS - 2010 - White Belt
Light Feather (39.50)
1st JUDE PAUL IRON LION JIU-JITSU ACADEMY

GI - KIDS - 2010 - White Belt
Feather (44.50)
1st JP SANDOVAL PHENOM BRAZILIAN JIU JITSU, 2nd LIAM WITHERS HONOR ROLL BJJ, 3rd GEORGE EUSTAQUIO ATOS, 3rd MASSAN WARREN BRAZILIAN TOP TEAM LONG BEACH

GI - KIDS - 2010 - White Belt
Light (53.00)
1st AUDRIC CUNNINGHAM CHECKMAT THRIVE FRESNO, 2nd JEREMY VALDEZ ALL AMERICAN

GI - KIDS - 2010 - Grey Belt
Feather (44.50)
1st CODY COOK ART OF JIU JITSU

GI - KIDS - 2010 - Grey Belt
Light (53.00)
1st DIEGO ESPINOZA ART OF JIU JITSU, 2nd KELSEY BRENNAN ART OF JIU JITSU, 3rd CAMILO ARRECHEDERA RENZO GRACIE MEXICO

GI - KIDS - 2010 - Grey Belt
Heavy (71.00)
1st CHRISTIAN PARK ART OF JIU JITSU

GI - KIDS - 2009 - White Belt
Light Feather (42.00)
1st LUCAS SPATIG EAGLE BRAZILIAN JIU JITSU, 2nd REIGN BURGOS GRACIE BARRA

GI - KIDS - 2009 - White Belt
Feather (48.50)
1st ELIJAH VIZCARRA MARCELLINIS MARTIAL ARTS ACADEMY, 2nd COLE NIGUIDULA SAN DIEGO BRAZILIAN JIU JITSU, 3rd CAILEE BARNES UNITED BRAZILIAN JIU JITSU, 3rd JAEDEN SIMIANO PACIFIC MARTIAL ARTS

GI - KIDS - 2009 - White Belt
Light (55.50)
1st KOBE STEHRENBERGER GRACIE FIGHTER, 2nd GRAYSON OTTO LOTUS CLUB, 3rd ELIJAH GARCIA PARAGON BJJ SANTA MARIA, 3rd ERIC RIVAS CARLSON GRACIE TEAM

GI - KIDS - 2009 - White Belt
Heavy (75.50)
1st ADRIEL REGALADO TEAM HARRIS INTERNATIONAL JIU JITSU, 2nd FERNANDA SOLIS AGUIRRES FIGHTING SYSTEM

GI - KIDS - 2009 - Grey Belt
Light Feather (42.00)
1st GIOVANI SUAREZ CLEBER JIU JITSU, 2nd CALEB CISNEROS CLEBER JIU JITSU, 3rd KARLY PALM GRACIE BARRA, 3rd EVA PALM GRACIE BARRA

GI - KIDS - 2009 - Grey Belt
Feather (48.50)
1st TAYDIN LUNSFORD GRACIE BARRA, 2nd CHRISTIAN MEJIA GRACIE BARRA, 3rd KINGSTON CRUZ HONOR ROLL BJJ

GI - KIDS - 2009 - Grey Belt
Light (55.50)
1st KOLBY GONZALES GRACIE BARRA, 2nd JERMAINE SOTO PHENOM BRAZILIAN JIU JITSU, 3rd MASON BRENNAN ART OF JIU JITSU, 3rd JOHN WILLIAMSON GRACIE BARRA

GI - KIDS - 2008 - White Belt
Feather (53.00)
1st RICHARD GUARDERAS TEAM HARRIS INTERNATIONAL JIU JITSU, 2nd CAILIN CANCINO UNITED BRAZILIAN JIU JITSU, 3rd JOEY COOPER LOTUS CLUB JIU JITSU

GI - KIDS - 2008 - White Belt
Light (60.00)
1st CHE SANCHEZ DETHRONE BASE CAMP FRESNO, 2nd MALACHI LOPEZ COMBINED MARTIAL SCIENCE, 3rd DRAKE CAFFEY CHECKMAT MAFRA, 3rd JESSE RODRIGUEZ UNITED BRAZILIAN JIU JITSU

GI - KIDS - 2008 - White Belt
Middle (67.00)
1st ZANDON HOPSON LOTUS CLUB JIU JITSU, 2nd CRUZ SANDOVAL JEAN JACQUES MACHADO - TEAM PSD, 3rd MAGNUS MCFARLANE ARASHI-DO MARTIAL ARTS, 3rd MARC STONE LOTUS CLUB JIU JITSU

GI - KIDS - 2008 - White Belt
Medium Heavy (73.50)
1st JACKSON KING SAN DIEGO BRAZILIAN JIU JITSU, 2nd ALBERTO YAHEL DELGADO TEAM HARRIS INTERNATIONAL JIU JITSU

GI - KIDS - 2008 - White Belt
Ultra Heavy (Unlimited)
1st ALEXANDER GARCIA UNITED BRAZILIAN JIU JITSU, 2nd DOMINIC RAMIREZ UNITED BRAZILIAN JIU JITSU

GI - KIDS - 2008 - Grey Belt
Light Feather (46.50)
1st DRAKE HUNSAKER GRACIE BARRA, 2nd ETHAN COFFIA CLEBER JIU JITSU

GI - KIDS - 2008 - Grey Belt
Feather (53.00)
1st MICAH RAMOS GRACIE BARRA, 2nd MAXIM FEDORCHAK COBRINHA BJJ, 3rd FRANK ZAMBADA ATOS, 3rd JACOB MICHAEL CUSI COBRINHA BJJ

GI - KIDS - 2008 - Grey Belt
Light (60.00)
1st TYSON VALENCIA SAN DIEGO BRAZILIAN JIU JITSU, 2nd LUCAS D. GOLDNER GOMEZ GRACIE BARRA, 3rd GIOVANNI ROSSI ATOS, 3rd AEDEN PRATA

GI - KIDS - 2008 - Grey Belt
Middle (67.00)
1st AMES MICHAEL HOEVKER OUTLIERS JIU JITSU, 2nd CASSIUS GAANO SAN DIEGO BRAZILIAN JIU JITSU, 3rd TIMOTHY KERNAN JIU JITSU LEAGUE, 3rd LUCIANO CREWS GRACIE FIGHTER

GI - KIDS - 2008 - Grey Belt
Medium Heavy (73.50)
1st DANIEL MCCONNAUGHY GRACIE BARRA, 2nd GERONDRICK TAYLOR IRON LION JIU-JITSU ACADEMY, 3rd MATTHEW MARTINEZ SPEEDY BJJ, 3rd ISAIAH LABAN CARLSON GRACIE TEAM

GI - KIDS - 2008 - Yellow Belt
Light Feather (46.50)
1st ALEXIS JOHNSON JIU JITSU LEAGUE

GI - KIDS - 2007 - White Belt
Light Feather (53.00)
1st JUSTIN CORTEZ PARAGON SANTA MARIA, 2nd EMILIO CHAGOLLA MILLENNIA MMA, 3rd SEI NAGASHIMA RODRIGO GRACIE JIU-JITSU

GI - KIDS - 2007 - White Belt
Feather (60.00)
1st NATHAN NIGUIDULA SAN DIEGO BRAZILIAN JIU JITSU, 2nd SEAN CHO BREA JIU JITSU, 3rd ENZO STEHRENBERGER GRACIE FIGHTER, 3rd WILLIAM DEPORTO BREA JIU JITSU

GI - KIDS - 2007 - White Belt
Light (67.00)
1st ANTHONY SALDANA GRACIE BARRA, 2nd JULIAN CASTILLO MARCELLINIS MARTIAL ARTS ACADEMY, 3rd ISAAC VIZCARRA MARCELLINIS MARTIAL ARTS ACADEMY, 3rd TRISTEN BAILEY NOS/ATOS

GI - KIDS - 2007 - White Belt
Heavy (87.00)
1st CHRISTIAN LUNA CHECKMAT MAFRA, 2nd JULIAN VILLEGAS BRAZILIAN TOP TEAM LONG BEACH, 3rd ERIC MORALES PARAGON SANTA MARIA, 3rd DEVIN HARMAN CRUNCH/UFC

GI - KIDS - 2007 - White Belt
Ultra Heavy (Unlimited)
1st BRANDON TOPETE UNITED BRAZILIAN JIU JITSU, 2nd GABRIEL SALAZAR UNITED BRAZILIAN JIU JITSU

GI - KIDS - 2007 - Grey Belt
Light Feather (53.00)
1st KANOA BROWN RICE BROS BJJ, 2nd AARON SARMIENTO SAN DIEGO BRAZILIAN JIU JITSU, 3rd MARKUS ZANDER LAUREANO GRACIE BARRA, 3rd HAVEN BAGLER RALPH GRACIE ASSOCIATION OF SACRAMENTO

GI - KIDS - 2007 - Grey Belt
Feather (60.00)
1st BRYCE YOUNG UFC GYM, 2nd RASHAD FATHI MAOLI FIGHTER, 3rd KAWAIOLA MAGNO UFC GYM BJ PENN, 3rd NOLAN HIMELFARB GRACIE BARRA

GI - KIDS - 2007 - Grey Belt
Middle (73.50)
1st CALEB HERNANDEZ GRACIE HUMAITA TEMECULA, 2nd LADELL HAMPTON NUNEZ BJJ, 3rd ATHANIEL HIDALGO GRACIE FIGHTER, 3rd MAVERICK HOUCK GRACIE BARRA

GI - KIDS - 2007 - Grey Belt
Medium Heavy (80.00)
1st LUKAS GARCIA OUTLIERS JIU JITSU, 2nd AIDAN MARTINEZ BRAZILIAN TOP TEAM LONG BEACH, 3rd JOSIAH REMICK UNITED BRAZILIAN JIU JITSU

GI - KIDS - 2007 - Grey Belt
Super Heavy (93.50)
1st CHRISTOPHER LEON GRACIE BARRA, 2nd KIERAN BAKER BAKERSFIELD BRAZILIAN JIU JITSU

GI - KIDS - 2007 - Yellow Belt - Light Feather (53.00)
1st JUELZ DEVERA CHECKMAT THRIVE FRESNO, 2nd JACOB JENNER-ARREGUIN JIU JITSU LEAGUE, 3rd NICK LEE GRACIE BARRA, 3rd TYLER CHI GRACIE BARRA

GI - KIDS - 2007 - Yellow Belt
Light (67.00)
1st BRYAN PICALLO VAGNER ROCHA MARTIAL ARTS, 2nd MARIO CARINI SAN DIEGO BRAZILIAN JIU JITSU, 3rd JOREL SAHAY PACIFIC TOP TEAM KELOWNA, 3rd JAMESON WADE NOVA UNIAO

GI - KIDS - 2007 - Yellow Belt
Middle (73.50)
1st ZACHARY COMPTON CHARLES GRACIE - REDDING, 2nd NICHOLAS CHAVEZ ROYCE GRACIE JIU JITSU LA MIRADA

GI - KIDS - 2007 - Yellow Belt
Heavy (87.00)
1st MARCOS ALVARADO RICE BROS BJJ, 2nd RYAN ATILANO HONOR ROLL BJJ, 3rd JADEN MARSHALL GRACIE BARRA

GI - KIDS - 2006 - White Belt
Rooster (53.00)
1st ALEXANDER RAMIREZ C-QUENCE, 2nd ISAAK HERNANDEZ CLEBER JIU JITSU

GI - KIDS - 2006 - White Belt
Light Feather (60.00)
1st ISAAC GHAFFARI GRACIE MORUMBI, 2nd MARK KWOK BLACK HOUSE, 3rd CHRISTIAN ORNELAS UNITED BRAZILIAN JIU JITSU, 3rd COLE PETERSON UNITED BRAZILIAN JIU JITSU

GI - KIDS - 2006 - White Belt
Light (73.50)
1st NOAH MANCILLA WOLVERINE BJJ, 2nd JESSE COOPER LOTUS CLUB JIU JITSU, 3rd DAVIN ITO MILLENNIA MMA, 3rd MICHAEL FERRETTI SOUL FIGHTERS

GI - KIDS - 2006 - White Belt
Middle (80.00)
1st KAI NAGASHIMA RODRIGO GRACIE JIU-JITSU, 2nd DEVIN MALDONADO CARLSON GRACIE MENIFEE

GI - KIDS - 2006 - Grey Belt
Rooster (53.00)
1st MATTHEW TULEY CORRAL MARTIAL ARTS, 2nd SANTINO NONACA GRACIE BARRA, 3rd ALEX RAMOS PHENOM BRAZILIAN JIU JITSU

GI - KIDS - 2006 - Grey Belt
Light Feather (60.00)
1st AADAM KUMAR WILL MACHADO, 2nd DIEGO PADILLA GRACIE FIGHTER, 3rd JACOB CASTILLO BRAZILIAN TOP TEAM LONG BEACH, 3rd ANDREW JOHNSON JIU JITSU LEAGUE

GI - KIDS - 2006 - Grey Belt
Feather (67.00)
1st DOMINIC MANNO ART OF JIU JITSU, 2nd ANTHONY MANNO ART OF JIU JITSU, 3rd COLLIN USSERY GUERRILLA JIU JITSU, 3rd BENJAMIN CRAFT ART OF JIU JITSU

GI - KIDS - 2006 - Grey Belt
Light (73.50)
1st JACK WILSON ATOS BJJ SAN DIEGO, 2nd CALEB MORALES CHECKMAT THRIVE FRESNO, 3rd CARLOS OCHOA NUNEZ BJJ, 3rd AXEL ESPARZA GRACIE HUMAITA TEMECULA

GI - KIDS - 2006 - Grey Belt
Middle (80.00)
1st ROBBY BERRY MARCELO ALONSO BJJ, 2nd JUSTIN MELENDEZ BRAZILIAN TOP TEAM LONG BEACH, 3rd JOSSHUA TAYLOR GRACIE BARRA, 3rd OLIVER DARK COBRINHA BJJ

GI - KIDS - 2006 - Grey Belt
Medium Heavy (87.00)
1st EUGENIO FRANCO RENZO GRACIE MEXICO, 2nd TAIT BLUM ATOS BJJ SAN DIEGO, 3rd ROBERT ALANIS GRACIE BARRA, 3rd LJ HERNANDEZ GRACIE BARRA

GI - KIDS - 2006 - Grey Belt
Heavy (93.50)
1st OMAR OJEDA NUNEZ BJJ, 2nd TYROL MCFARLANE ARASHI-DO MARTIAL ARTS

GI - KIDS - 2006 - Grey Belt
Ultra Heavy (Unlimited)
1st DAVID MUSSATTO IRON LION JIU-JITSU ACADEMY, 2nd FINN DEVERICKS GRACIE BARRA, 3rd ELS PAGE GRACIE BARRA

GI - KIDS - 2006 - Yellow Belt
Light Feather (60.00)
1st MONEE CORDERO FERNY JIU JITSU, 2nd JUNEZ LEGASPI NOVA UNIAO, 3rd GRACE RILEY CARLOS FARIAS BJJ

GI - KIDS - 2006 - Yellow Belt
Feather (67.00)
1st CHRISTIAN CASTILLO LOTUS CLUB JIU JITSU, 2nd KAMRYN DEVERA CHECKMAT THRIVE FRESNO, 3rd MATHEW ARDON COBRINHA BJJ, 3rd JAEDEN BROWN AMERICAN TOP TEAM

GI - KIDS - 2006 - Yellow Belt
Light (73.50)
1st JOSE JIMENEZ CARLSON GRACIE MENIFEE, 2nd ZACHARIAH BRAMONTH GRACIE BARRA

GI - KIDS - 2006 - Yellow Belt
Heavy (93.50)
1st KAI MCDERMOTT CONDE KOMA/ CHECKMAT, 2nd JOSEPH BOWERS NOVA UNIAO

GI - KIDS - 2006 - Yellow Belt
Ultra Heavy (Unlimited)
1st KAYDEN CARTEE GFTEAM, 2nd AERIC AMEREL OAKDALE MMA, 3rd TOBIAS REYES ROYCE GRACIE JIU JITSU LA MIRADA, 3rd DIEGO MORALES PALM SPRINGS JIU JITSU

GI - KIDS - 2005 - White Belt
Light Feather (67.00)
1st BRODY CAFFEY CHECKMAT MAFRA, 2nd ISAAK MICHEL MARCELLINIS MARTIAL ARTS ACADEMY

GI - KIDS - 2005 - White Belt
Feather (73.50)
1st RASOOL FATHI CAIO TERRA ASSOCIATION, 2nd EVAN AGUIRRE ATOS, 3rd COHEN RICE ATOS

GI - KIDS - 2005 - White Belt
Light (80.00)
1st MIGUEL ESTRADA CAMARILLO JIU JITSU, 2nd PETER DE LA TORRE BRAZILIAN TOP TEAM LONG BEACH, 3rd AIDAN HIGGS CHECKMAT MAFRA

GI - KIDS - 2005 - White Belt
Middle (87.00)
1st ISAIAH PERALES BAKERSFIELD BRAZILIAN JIU JITSU, 2nd ALEC SANCHEZ GRACIE BARRA

GI - KIDS - 2005 - White Belt
Medium Heavy (93.50)
1st GABRIEL FERRETTI SOUL FIGHTERS, 2nd KODY HARMAN CRUNCH/UFC

GI - KIDS - 2005 - White Belt
Ultra Heavy (Unlimited)
1st AARON DILLER BREA JIU JITSU, 2nd DEREK BARTHOLOMEW EAGLE BRAZILIAN JIU JITSU, 3rd MASON BARRIGA UNITED BRAZILIAN JIU JITSU

GI - KIDS - 2005 - Grey Belt
Rooster (60.00)
1st ANWAR KUMAR WILL MACHADO, 2nd ERIC RIVERA BAKERSFIELD BRAZILIAN JIU JITSU

GI - KIDS - 2005 - Grey Belt
Light Feather (67.00)
1st SEAN ESTES COBRINHA BJJ, 2nd KAI LEVINE ART OF JIU JITSU, 3rd JACOB BELDEN GRACIE BARRA, 3rd ANDREW CONDO LOTUS CLUB JIU JITSU

GI - KIDS - 2005 - Grey Belt
Feather (73.50)
1st NOAH KAHIAU BAUTISTA GRACIE BARRA, 2nd GILBERT NORTHINGTON UNITED BRAZILIAN JIU JITSU, 3rd JOSHUA SIMMONS KRON GRACIE JIU JITSU, 3rd OLE WATSON ANCHORAGE BRAZILIAN JIU JITSU

GI - KIDS - 2005 - Grey Belt
Light (80.00)
1st NICHOLAS GALEANA GRACIE BARRA

GI - KIDS - 2005 - Grey Belt
Middle (87.00)
1st BROCK KITCHEN DETHRONE BASE CAMP FRESNO, 2nd CARLOS PAREDES GRACIE BARRA

GI - KIDS - 2005 - Grey Belt
Medium Heavy (93.50)
1st CHRISTIAN JOMAR CRUZ GRACIE BARRA, 2nd WILL LAPALME GRACIE BARRA

GI - KIDS - 2005 - Grey Belt
Ultra Heavy (Unlimited)
1st ANTHONY RODRIGUEZ UNITED BRAZILIAN JIU JITSU, 2nd PETER SANTIAGO ATOS

GI - KIDS - 2005 - Yellow Belt
Light Feather (67.00)
1st JALEN FONACIER COBRINHA BJJ, 2nd JAKAN LAWRENCE IRON LION JIU-JITSU ACADEMY, 3rd JASON CHIH YAMASAKI ACADEMY, 3rd ELIJAH BENAVIDEZ GRACIE HUMAITA TEMECULA

GI - KIDS - 2005 - Yellow Belt
Feather (73.50)
1st AKASH PATEL ART OF JIU JITSU, 2nd JOSE CONTRERAS SOUL FIGHTERS, 3rd BRONCO HELMUTH C-QUENCE, 3rd DANIEL DEEDER HONOR ROLL BJJ

GI - KIDS - 2005 - Yellow Belt
Light (80.00)
1st ADRIAN JUAREZ CAMARILLO JIU JITSU, 2nd FRANCISCO MUNOZ GRACIE FIGHTER, 3rd IAN FRITZ UZCATEGUI BJJ, 3rd HAILEE SCARANGELLO LOTUS CLUB JIU JITSU

GI - KIDS - 2005 - Yellow Belt
Medium Heavy (93.50)
1st CRISTIAN MIER CARLSON GRACIE TEAM, 2nd RAÚL GONZÁLEZ GRACIE BARRA

GI - KIDS - 2005 - Yellow Belt
Super Heavy (106.50)
1st NIKITA INGER COBRINHA BJJ

GI - KIDS - 2005 - Orange Belt
Middle (87.00)
1st WINTER BREGET NOS/ATOS

GI - KIDS - 2004 - White Belt
Light Feather (73.50)
1st ANAHI ESCOBAR BRADFORD JIU-JITSU, 2nd ISABEL NAVARRO BAKERSFIELD ELITE MARTIAL ARTS, 3rd AYA WARREN BRAZILIAN TOP TEAM LONG BEACH

GI - KIDS - 2004 - White Belt
Feather (80.00)
1st CALEB CAFFEY CHECKMAT MAFRA, 2nd CONNOR LAVOY CHECKMAT MAFRA, 3rd DAVID MADADIAN UNITED BRAZILIAN JIU JITSU

GI - KIDS - 2004 - White Belt
Light (87.00)
1st STEPHON PRIDDY CHECKMAT MAFRA, 2nd SEMAJ MATTHEWS UNITED BRAZILIAN JIU JITSU, 3rd SAMUEL MEDINA III DETHRONE BASE CAMP FRESNO

GI - KIDS - 2004 - White Belt
Middle (93.50)
1st BILLIE FORTHMAN BAKERSFIELD BRAZILIAN JIU JITSU, 2nd CHELSEA TOPETE UNITED BRAZILIAN JIU JITSU

GI - KIDS - 2004 - White Belt
Heavy (106.50)
1st ASHTON MULLER MMA UNIVERSITY, 2nd KOLE SMITH LOTUS CLUB JIU JITSU, 3rd ANDREW PAIK ROYCE GRACIE JIU JITSU LA MIRADA

GI - KIDS - 2004 - White Belt
Ultra Heavy (Unlimited)
1st ALEC OLOTEO UNITED BRAZILIAN JIU JITSU, 2nd KAIYU JONES UNITED BRAZILIAN JIU JITSU

GI - KIDS - 2004 - Grey Belt
Rooster (67.00)
1st RYAN TULEY CORRAL MARTIAL ARTS, 2nd RACHEL JONES GRACIE BARRA, 3rd RAIDEN DE LA CRUZ PARAGON BJJ SANTA MARIA, 3rd BRANDON DACILLO ART OF JIU JITSU

GI - KIDS - 2004 - Grey Belt
Light Feather (73.50)
1st ETHAN QURESHI GRACIE BARRA, 2nd KAINOA MAGBUAL UNITED BRAZILIAN JIU JITSU

GI - KIDS - 2004 - Grey Belt
Feather (80.00)
1st LUIS D SOLIS AGUIRRES FIGHTING SYSTEM, 2nd SPENCER HER TEAM MAXWELL

GI - KIDS - 2004 - Grey Belt
Middle (93.50)
1st JOSE GARCIA CHECKMAT MAFRA, 2nd ADRIAN RANGEL SOUL FIGHTERS, 3rd BRYCE SMITH LOTUS CLUB JIU JITSU, 3rd TOMMY SEMIEN GRACIE BARRA

GI - KIDS - 2004 - Grey Belt
Medium Heavy (100.00)
1st STEVEN SALAZAR GRACIE BARRA, 2nd ANTHONY EVANS JR GRACIE BARRA, 3rd NATHANIEL RECORD CHECKMATE/ TEAM QUEST

GI - KIDS - 2004 - Grey Belt
Heavy (106.50)
1st GEOVANNI JR MORENO GRACIE BARRA, 2nd BRANDON CRAWFORD JR. GRACIE BARRA, 3rd VINCENZO OLMOS GRACIE BARRA, 3rd ALEXANDER HERNANDEZ GRACIE BARRA

GI - KIDS - 2004 - Grey Belt
Super Heavy (114.00)
1st VANESSA HERNANDEZ GRACIE BARRA, 2nd TEYAH GUTIERREZ UFC GYM

GI - KIDS - 2004 - Grey Belt
Ultra Heavy (Unlimited)
1st RYAN KANG GRACIE BARRA, 2nd JACK PARROTT TURLOCK ACADEMY OF JIUJITSU

GI - KIDS - 2004 - Yellow Belt
Rooster (67.00)
1st SOLOMON CRAFT ART OF JIU JITSU, 2nd JOSHUA MENDOZA CHECKMAT FRESNO, 3rd SAMUEL WINTERS BRAZILIAN TOP TEAM LONG BEACH

GI - KIDS - 2004 - Yellow Belt
Light Feather (73.50)
1st NOAH ELLIOTT GRACIE BARRA, 2nd LUKE LANDERER SAN DIEGO BRAZILIAN JIU JITSU, 3rd DRAKE VICKERS TOTAL JIU JITSU LA, 3rd XAVIER CORDERO FERNY JIU JITSU

GI - KIDS - 2004 - Yellow Belt
Feather (80.00)
1st XAVIER CASTILLO LOTUS CLUB JIU JITSU, 2nd DOMENICK ARAPI ATOS

GI - KIDS - 2004 - Yellow Belt
Light (87.00)
1st DOMINIC KANE LOBO ART OF JIU JITSU, 2nd STEVEN GOMEZ ART OF JIU JITSU, 3rd RYDER MORTENSEN GRACIE BARRA

GI - KIDS - 2004 - Yellow Belt
Middle (93.50)
1st MARK QUINDOY GRACIE HUMAITA TEMECULA

GI - KIDS - 2004 - Yellow Belt
Medium Heavy (100.00)
1st SAMUEL BROWN UNITED BRAZILIAN JIU JITSU, 2nd LUKE PENICK GRACIE BARRA, 3rd OMAR MARTINEZ ACE JIU JITSU

GI - KIDS - 2004 - Yellow Belt
Super Heavy (114.00)
1st JONATHAN MACEDO NUNEZ BJJ, 2nd LANE JOHNSTON COBRA KAI JIU JITSU

GI - KIDS - 2004 - Yellow Belt
Ultra Heavy (Unlimited)
1st GIOVANNI MARTINEZ GRACIE BARRA, 2nd ISAIAH MORALES PALM SPRINGS JIU JITSU

GI - KIDS - 2004 - Orange Belt
Rooster (67.00)
1st KAIGE BROWN AMERICAN TOP TEAM, 2nd FRANCESCO CIPRIANNI TEAM NOGUEIRA

GI - KIDS - 2004 - Orange Belt
Feather (80.00)
1st THIAGO ORTIZ ORTIZ MARTIAL ARTS ACADEMY, 2nd DOMINIC MORALES GRACIE BARRA, 3rd CALEB CORNFORTH ART OF JIU JITSU, 3rd INDY FIGHTMASTER GRACIE BARRA

GI - KIDS - 2004 - Orange Belt
Ultra Heavy (Unlimited)
1st ADAM MARTINEZ SPEEDY BJJ, 2nd ENZO GABRIEL CAVALCANTE SILVA GRACIE BARRA

GI - KIDS - 2003 - White Belt
Feather (89.00)
1st RORI RICE ATOS, 2nd MAXWELL ELLIOTT BAKERSFIELD BRAZILIAN JIU JITSU

GI - KIDS - 2003 - Grey Belt
Light Feather (80.00)
1st LOGAN HUNTER GRACIE BARRA, 2nd BROCK PENNA GRACIE BARRA, 3rd JAKE MALLARI COBRINHA BJJ, 3rd JACK MILLS GRACIE BARRA

GI - KIDS - 2003 - Grey Belt
Feather (89.00)
1st JACKSON LARNER ART OF JIU JITSU, 2nd ROBERT GARCIA CHECKMAT MAFRA

GI - KIDS - 2003 - Grey Belt
Light (98.00)
1st ETHAN KREY CQUENCE JIU JITSU, 2nd DARIO AGUSTIN ANTICH FASI SPORT BJJ, 3rd VICTOR SALAS DETHRONE BASE CAMP FRESNO

GI - KIDS - 2003 - Grey Belt
Medium Heavy (116.00)
1st KRISTIAN RICH ART OF JIU JITSU, 2nd ALEXIS BARRAZA BAKERSFIELD ELITE MARTIAL ARTS, 3rd JOSHUA GARCIA-ROBLES DETHRONE BASE CAMP FRESNO, 3rd CADEN HARMAN CRUNCH/UFC

GI - KIDS - 2003 - Grey Belt
Super Heavy (133.50)
1st DEVIN PERIES FIGHT ACADEMY PASADENA, 2nd JAYDIN HERNANDEZ CHECKMAT FRESNO, 3rd MADISON LANDEROS TEAM QUEST, 3rd DIOSDADO BISCO SAN DIEGO BRAZILIAN JIU JITSU

GI - KIDS - 2003 - Grey Belt
Ultra Heavy (Unlimited)
1st AIDEN RESENDIZ GRACIE BARRA

GI - KIDS - 2003 - Yellow Belt
Light Feather (80.00)
1st ETHAN JOHNSTON ART OF JIU JITSU, 2nd ANTHONY ENRIQUEZ GRACIE FIGHTER, 3rd ISHAN PATEL ART OF JIU JITSU, 3rd BENNY ARCANO UFC GYM

GI - KIDS - 2003 - Yellow Belt
Feather (89.00)
1st AIDAN GASSEL ART OF JIU JITSU, 2nd NAVARRO GARCIA ULTIMATE FITNESS, 3rd AIDAN SMITH GRACIE BARRA, 3rd LEONARDO SILVA SOUL FIGHTERS

GI - KIDS - 2003 - Yellow Belt
Light (98.00)
1st RAHEEM FATHI CAIO TERRA ASSOCIATION, 2nd JAMES JUAREZ CAMARILLO JIU JITSU, 3rd ROMAN BAKER BAKERSFIELD BRAZILIAN JIU JITSU, 3rd BRETT DALTON ARASHI-DO MARTIAL ARTS

GI - KIDS - 2003 - Yellow Belt
Super Heavy (133.50)
1st GABRIELLE TATA , RODRIGUES SALEM KEIZER BRAZILIAN JIUJITSU, 2nd ISAAC DORSIL ROYCE GRACIE JIU JITSU LA MIRADA

GI - KIDS - 2003 - Orange Belt
Light Feather (80.00)
1st ROMMEL DUNBAR JR. UNITED BRAZILIAN JIU JITSU, 2nd LOGAN PAUL IRON LION JIU-JITSU ACADEMY, 3rd LEILA VALENCIA SAN DIEGO BRAZILIAN JIU JITSU, 3rd ELAN BREGET NOS/ATOS

GI - KIDS - 2003 - Orange Belt
Feather (89.00)
1st MARIO ALVARADO RICE BROS BJJ, 2nd JACOB BROWN ART OF JIU JITSU, 3rd CONNER PARROTT GRACIE BARRA, 3rd KODI PRICE GRACIE BARRA

GI - KIDS - 2003 - Orange Belt
Light (98.00)
1st OSCAR HERRERA ART OF JIU JITSU, 2nd WILL RILEY CARLOS FARIAS BJJ, 3rd VINCENT MORALES GRACIE BARRA

GI - KIDS - 2003 - Orange Belt
Middle (106.50)
1st KADE RUOTOLO ART OF JIU JITSU, 2nd FRANKIE MORENO EMGUARDA / MARCEL LOUZADO, 3rd HUNTER NIELSEN GRACIE BARRA, 3rd ISAIAH AFLLEJE SAN DIEGO BRAZILIAN JIU JITSU

GI - KIDS - 2003 - Orange Belt
Medium Heavy (116.00)
1st LOUIS BENITEZ SOUL FIGHTERS, 2nd MICHAEL WALSHE GRACIE BARRA

GI - KIDS - 2002 - White Belt
Light (106.50)
1st GABRIEL GUTIERREZ BRADFORD JIU-JITSU, 2nd JAIME MISQUEZ ATOS, 3rd SAMUEL AMELOTTE BREA JIU JITSU, 3rd PABLO CRUZ CERVANTES FABIO SANTOS BJJ

GI - KIDS - 2002 - White Belt
Middle (116.00)
1st ANDREW MEDRANO ATOS, 2nd TY BAILEY NOS/ATOS, 3rd CARLOS NAVARRO BAKERSFIELD ELITE MARTIAL ARTS

GI - KIDS - 2002 - White Belt
Super Heavy (143.50)
1st JACK THOMPSON GRACIE GYM IRVINE, 2nd JAKOB VILLEGAS WOLVERINE BJJ

GI - KIDS - 2002 - Yellow Belt
Medium Heavy (125.00)
1st DOMINIC MEJIA GRACIE BARRA, 2nd JOSHUA WHALEY TEAM BRAGA

GI - KIDS - 2002 - Yellow Belt
Ultra Heavy (Unlimited)
1st JOSHUA DE LA TORRE PHENOM BRAZILIAN JIU JITSU, 2nd XAVIER THOMPSON LOTUS CLUB RIVERSIDE

GI - Girls - 2010 - White Belt
Light Feather (39.50)
1st JADE ZAZUETA CAMARILLO JIU JITSU, 2nd EMMA ALFARO UNITED BRAZILIAN JIU JITSU

GI - Girls - 2010 - Grey Belt
Middle (57.50)
1st MARIA ALICE DA SILVA GRACIE HUMAITA

GI - Girls - 2009 - White Belt
Middle (62.00)
1st ILIANA NARVAEZ JEAN JACQUES MACHADO - TEAM PSD, 2nd AURELIA MCFARLANE ARASHI-DO MARTIAL ARTS

GI - Girls - 2009 - Grey Belt
Feather (48.50)
1st NYA RUOTOLO ART OF JIU JITSU, 2nd MERISSA PALM GRACIE BARRA, 3rd MADISON EGUIA GRACIE BARRA

GI - Girls - 2008 - Grey Belt
Feather (53.00)
1st LOGAN SHELBY , 2nd HALEY ALFARO UNITED BRAZILIAN JIU JITSU, 3rd SOPHIA ORNELAS ATOS BJJ SAN DIEGO

GI - Girls - 2008 - Grey Belt
Light (60.00)
1st DANIA SILVA SOUL FIGHTERS, 2nd ALINA VALENCIA SAN DIEGO BRAZILIAN JIU JITSU, 3rd MELANIE SALAS DETHRONE BASE CAMP FRESNO

GI - Girls - 2007 - White Belt
Light (67.00)
1st CYDNEY BARNES UNITED BRAZILIAN JIU JITSU, 2nd NOELIA MELENDEZ BRAZILIAN TOP TEAM LONG BEACH, 3rd AMELIA GALLEGOS GRACIE BARRA, 3rd LOLA HUNT LOTUS CLUB JIU JITSU

GI - Girls - 2007 - White Belt
Ultra Heavy (Unlimited)
1st ROSALIE PRINCE MARCELLINIS MARTIAL ARTS ACADEMY, 2nd OLIVIA BARRIGA UNITED BRAZILIAN JIU JITSU

GI - Girls - 2007 - Grey Belt
Light Feather (53.00)
1st MEGAN MORALES CHECKMAT THRIVE FRESNO, 2nd NALANI TACUSALME MAOLI FIGHTER

GI - Girls - 2007 - Grey Belt
Feather (60.00)
1st AVEYAH RAMOS GRACIE HUMAITA SOUTH BAY, 2nd HAYLIE MIYASAKI ACE JIU JITSU, 3rd KIRA DESROCHERS ARASHI-DO MARTIAL ARTS

GI - Girls - 2007 - Grey Belt
Light (67.00)
1st ASHLIN NEYLAN SAN DIEGO BRAZILIAN JIU JITSU, 2nd RANIA PAREDES GRACIE BARRA

GI - Girls - 2006 - White Belt
Light (73.50)
1st LAUREN MASTON BAKERSFIELD BRAZILIAN JIU JITSU, 2nd SAMANTHA OROZCO COLIBRI

GI - Girls - 2006 - Grey Belt
Rooster (53.00)
1st KIRA CO COBRINHA BJJ, 2nd ASPEN LANE LIL NINJAS

GI - Girls - 2006 - Grey Belt
ight Feather (60.00)
1st ASHLEE FUNEGRA ART OF JIU JITSU, 2nd MIA FUNEGRA ART OF JIU JITSU, 3rd ISABELLA MENCHACA GRACIE BARRA, 3rd VICTORIA GALEANA GRACIE BARRA

GI - Girls - 2006 - Grey Belt
Feather (67.00)
1st SAVANNA LEYVA GRACIE BARRA, 2nd KAITLYN SCHMIDT GD JIU-JITSU

GI - Girls - 2006 - Grey Belt
Light (73.50)
1st ALINA SOLIS GRACIE HUMAITA SOUTH BAY, 2nd SHECCID VAZQUEZ GFTEAM, 3rd SKYLER GASSEL ART OF JIU JITSU, 3rd JOELY SMITH HONOR ROLL BJJ

GI - Girls - 2006 - Grey Belt
Middle (80.00)
1st ELLIE MEJIA GRACIE BARRA, 2nd JULIANNA ROSSI ATOS

GI - Girls - 2006 - Grey Belt
Medium Heavy (87.00)
1st SKY MCCREA OUTLIERS JIU JITSU, 2nd MIA ANZO UFC GYM

GI - Girls - 2005 - White Belt
Middle (87.00)
1st ARIELLE NATAL C-QUENCE, 2nd DANICA SMITH LOTUS CLUB JIU JITSU, 3rd SAMANTHA CHO BREA JIU JITSU

GI - Girls - 2005 - White Belt
Medium Heavy (93.50)
1st DIANA KIM BRAZILIAN TOP TEAM LONG BEACH, 2nd MARINA MORALES PARAGON BJJ SANTA MARIA, 3rd CIARA BARNES UNITED BRAZILIAN JIU JITSU

GI - Girls - 2005 - Grey Belt
Light Feather (67.00)
1st PAIGE MORALES CHECKMAT THRIVE FRESNO, 2nd SOPHIA CADENA ART OF JIU JITSU, 3rd ISABELA CRAWFORD GRACIE BARRA, 3rd IRENE GARCIA EAGLE BRAZILIAN JIU JITSU

GI - Girls - 2005 - Grey Belt
Light (80.00)
1st MICHELLE GARCIA FASI SPORT BJJ, 2nd ISABELLE LEE GRACIE BARRA, 3rd NATALIA OLMOS GRACIE BARRA, 3rd MEGAN MILLS GRACIE BARRA

GI - Girls - 2005 - Yellow Belt
Light Feather (67.00)
1st ANAYA FALCON GRACIE BARRA, 2nd SIDNEY SARMIENTO SAN DIEGO BRAZILIAN JIU JITSU, 3rd RHYANNA PRATA

GI - Girls - 2005 - Yellow Belt
Feather (73.50)
1st OLIVIA HERNANDEZ GRACIE HUMAITA TEMECULA, 2nd KRISTA PRICE GRACIE BARRA

GI - Girls - 2004 - White Belt
Heavy (106.50)
1st SIMONE HERMAN COBRINHA BJJ, 2nd GRACIE ANNUNZIATA BAKERSFIELD BRAZILIAN JIU JITSU

GI - Girls - 2004 - Grey Belt
Feather (80.00)
1st DELANEY SMITH HONOR ROLL BJJ, 2nd RYLEE SMITH LOTUS CLUB JIU JITSU

GI - Girls - 2004 - Grey Belt
Middle (93.50)
1st BLAYNE LOPEZ-GRIGGS ALLIANCE LOS ANGELES, 2nd PAIGE STAHL GRACIE BARRA, 3rd JOELLE GARCIA ART OF JIU JITSU, 3rd MEGAN TOWNSEND CHECKMATE/TEAM QUEST

GI - Girls - 2004 - Yellow Belt
Light Feather (73.50)
1st AYANNA COMPTON CHARLES GRACIE - REDDING, 2nd LAUREN SOGNEFEST ART OF JIU JITSU, 3rd SUMAN RAI GRACIE BARRA, 3rd MIA BLAIR SULLIVAN LIL NINJAS

GI - Girls - 2004 - Yellow Belt
Feather (80.00)
1st SUMMER LANE LIL NINJAS

GI - Girls - 2004 - Yellow Belt
Middle (93.50)
1st ABIGAIL FRITZ UZCATEGUI BJJ, 2nd JESSICA HARO TEAM BRAGA

GI - Girls - 2004 - Yellow Belt
Medium Heavy (100.00)
1st SAVANNAH GOMEZ GRACIE HUMAITA SOUTH BAY, 2nd SCARLETT VELASQUEZ ROYCE GRACIE JIU JITSU LA MIRADA

GI - Girls - 2003 - White Belt
Light Feather (80.00)
1st KHARIZMA WILLIAMS LOTUS CLUB JIU JITSU, 2nd VICTORIA SUAREZ BAKERSFIELD BRAZILIAN JIU JITSU

GI - Girls - 2003 - White Belt
Feather (89.00)
1st LILY KIM BRAZILIAN TOP TEAM LONG BEACH, 2nd JASMINE SANCHEZ FASI SPORT BJJ

GI - Girls - 2003 - White Belt
Medium Heavy (116.00)
1st SHEREE SPARKS MARCELLINIS MARTIAL ARTS ACADEMY, 2nd MADILYN ESPINOZA BAKERSFIELD BRAZILIAN JIU JITSU, 3rd KRYSTAL MOLINA BRAZILIAN TOP TEAM LONG BEACH

GI - Girls - 2003 - Grey Belt
Light Feather (80.00)
1st SAELAH PESCEVIC EASTON BJJ, 2nd MAYA VAZQUEZ GFTEAM

GI - Girls - 2003 - Grey Belt
Light (98.00)
1st JAMEEA GUNN LOTUS CLUB JIU JITSU, 2nd NOELANI HERRERA ATOS

GI - Girls - 2003 - Grey Belt
Medium Heavy (116.00)
1st ORIANNA MORALES BAKERSFIELD BRAZILIAN JIU JITSU, 2nd LAILA PAREDES GRACIE BARRA

GI - Girls - 2003 - Yellow Belt
Rooster (71.00)
1st ARIEL K. CHENG ACE JIU JITSU, 2nd SKYLAR RANSOM COBRINHA BJJ, 3rd ABIGAIL ALVAREZ NUNEZ BJJ

GI - Girls - 2003 - Yellow Belt
Light Feather (80.00)
1st LETTICIA NASSIF GRACIE BARRA, 2nd TRINITY GOMEZ TEAM BRAGA, 3rd SYDNEE EARHART UNITED BRAZILIAN JIU JITSU

GI - Girls - 2003 - Yellow Belt
Light (98.00)
1st MIKAYLA FONACIER COBRINHA BJJ, 2nd AJAYZEE ZABALLOS SOUL FIGHTERS, 3rd SARAI JIMENEZ PALM SPRINGS JIUJITSU

GI - Girls - 2003 - Yellow Belt
Medium Heavy (116.00)
1st ALYSSA SIMONICH OAKDALE MMA, 2nd ATHENA WILLDEN COBRA KAI JIU JITSU

GI - Girls - 2003 - Yellow Belt
Heavy (125.00)
1st KALEE BURTON CAMARILLO JIU JITSU, 2nd ALAZANDRA WADE NOVA UNIAO

GI - Girls - 2002 - White Belt
Heavy (133.50)
1st SUMMER ENRIQUEZ SPEEDY BJJ, 2nd MELANY MOYA UNITED BRAZILIAN JIU JITSU

GI - Girls - 2002 - Grey Belt
Feather (98.00)
1st EMILY SWAY GRACIE HUMAITA SAN DIEGO/DEL MAR, 2nd KAMERON SUDOL CHECKMAT MAFRA

GI - Girls - 2002 - Grey Belt
Middle (116.00)
1st KENDRA JUAREZ CAMARILLO JIU JITSU, 2nd ZOE SEMIEN GRACIE BARRA

GI - Girls - 2002 - Grey Belt
Heavy (133.50)
1st ALANAH JUEZAN GRACIE BARRA

GI - Girls - 2002 - Yellow Belt
Middle (116.00)
1st ALEIJA ACKERMANN FASI SPORT BJJ, 2nd SKYLAH MCCOURT ART OF JIU JITSU, 3rd SKY MERCIER TEAM BRAGA

GI - Girls - 2002 - Yellow Belt
Medium Heavy (125.00)
1st SHELBY DALTON ARASHI-DO MARTIAL ARTS

GI - Girls - 2002 - Yellow Belt
Ultra Heavy (Unlimited)
1st SOPHIA VARGAS UNITED BRAZILIAN JIU JITSU

GI - Girls - 2002 - Orange Belt
Light (106.50)
1st COURTNEY CARDOZA ART OF JIU JITSU, 2nd AMI RUIZ FABIO SANTOS BJJ, 3rd GABI COATES OUTLIERS JIU JITSU

GI - Girls - 2001 - White Belt
Light (116.00)
1st SAMANTHA QUILON WOLVERINE BJJ

GI - Girls - 2001 - White Belt
Heavy (143.50)
1st MYA COMPTON UNITED BRAZILIAN JIU JITSU, 2nd JAQUELINE CRUZ CERVANTES FABIO SANTOS BJJ

GI - Girls - 2001 - Grey Belt
Light Feather (98.00)
1st MALIA MAGBUAL UNITED BRAZILIAN JIU JITSU, 2nd MICAH ELYZA LAUREANO GRACIE BARRA, 3rd NICOLETTE SUDOL CHECKMAT MAFRA

GI - Girls - 2001 - Grey Belt
Middle (125.00)
1st PARIS CESENA SYNDICATE MMA, 2nd ALANAH JUEZAN GRACIE BARRA, 3rd ERIN GAUNA BAKERSFIELD BRAZILIAN JIU JITSU, 3rd VEGA SHERMAN GRACIE BARRA

GI - Girls - 2001 - Yellow Belt
Feather (106.50)
1st DANIELLE GARCIA CHECKMAT MAFRA, 2nd KIRSTEN BANALES CAMARILLO JIU JITSU, 3rd ALIYAH BRADFORD BRADFORD JIU-JITSU, 3rd ANGELA RUTH DELA CRUZ GLOBAL JIU JITSU ACADEMY

GI - Girls - 2001 - Yellow Belt
Middle (125.00)
1st AZUCENA CHIQUITO CHECKMAT MAFRA, 2nd GABRIELA GOMEZ CAIO TERRA ASSOCIATION

GI - Girls - 2001 - Orange Belt
Light (116.00)
1st SERENA MYERS CARLOS FARIAS BJJ, 2nd PEYTON PRUSSIN ZENITH BJJ, 3rd RHIANNA PARKER CHECKMAT

GI - Girls - 2001 - Green Belt
Medium Heavy (133.50)
1st ISABELLA FLORES ART OF JIU JITSU

GI - Girls - 2000 - White Belt
Ultra Heavy (Unlimited)
1st CAITLYN ACHA JEAN JACQUES MACHADO - TEAM PSD, 2nd ISABELLA BARRIGA UNITED BRAZILIAN JIU JITSU

GI - Girls - 2000 - Yellow Belt
Feather (116.00)
1st AUDREY CHENG ACE JIU JITSU, 2nd KEELEY FYLLING ART OF JIU JITSU

GI - Girls - 2000 - Yellow Belt
Light (125.00)
1st MILLI MCCOURT ART OF JIU JITSU

GI - Girls - 2000 - Yellow Belt
Medium Heavy (143.50)
1st JENESSA RODRIGUEZ BAKERSFIELD BRAZILIAN JIU JITSU, 2nd ANA AROSEMENA GRACIE BARRA

GI - Girls - 2000 - Orange Belt
Ultra Heavy (Unlimited)
1st PENELOPE DE LA CRUZ PARAGON BJJ SANTA MARIA, 2nd AMARA DEVERICKS GRACIE BARRA, 3rd SAMANTHA ALANIZ CAIO TERRA ASSOCIATION

GI - Girls - 2000 - Green Belt
Light Feather (106.50)
1st YESENYA VILLAFUERTE NOVA UNIAO

GI - Girls - 2000 - Green Belt
Medium Heavy (143.50)
1st SARAH PAUL IRON LION JIU-JITSU ACADEMY

GI - Boys - 2002 - White Belt
Feather (98.00)
1st ANTHONY LOPEZ CHECKMAT MAFRA, 2nd JOHN BRINKMAN TEAM BRAGA

GI - Boys - 2002 - Grey Belt
Light Feather (89.00)
1st LINCOLN SUTTNER SAN DIEGO BRAZILIAN JIU JITSU, 2nd CALEB SCHROEDER OUTLIERS JIU JITSU, 3rd JACK KOSLOWSKY MUSHIN MIXED MARTIAL ARTS

GI - Boys - 2002 - Grey Belt
Feather (98.00)
1st AIDAN THOMAS GRACIE BARRA, 2nd KADEN JAWITZ GRACIE BARRA

GI - Boys - 2002 - Grey Belt
Light (106.50)
1st JAMES SANCHEZ UNITED BRAZILIAN JIU JITSU, 2nd JADEN EUN GRACIE BARRA, 3rd ETHAN ESPARZA TEAM BRAGA

GI - Boys - 2002 - Grey Belt
Middle (116.00)
1st GABRIEL WANDERLEY CARLSON GRACIE TEAM, 2nd VINCENT MORALES GRACIE BARRA

GI - Boys - 2002 - Grey Belt
Medium Heavy (125.00)
1st ROBERT SCHOUTEN BREA JIU JITSU

GI - Boys - 2002 - Grey Belt
Ultra Heavy (Unlimited)
1st OLANDIS MATHES GRACIE HUMAITA - DEL MAR, 2nd KAGE URBAN CHECKMAT LUCAS LEITE

GI - Boys - 2002 - Yellow Belt
Rooster (80.00)
1st CAMERON MELLOTT EASTON BJJ, 2nd RYAN CATBAGAN ART OF JIU JITSU, 3rd MICHAEL HYNES ROYCE GRACIE SANTA FE SPRINGS

GI - Boys - 2002 - Yellow Belt
Light Feather (89.00)
1st COCO IZUTSU ART OF JIU JITSU, 2nd DIEGO M. GOLDNER GOMEZ GRACIE BARRA

GI - Boys - 2002 - Yellow Belt
Light (106.50)
1st JORDAN MEDEIROS HAWAII, 2nd PATRICK HSIEH BREA JIU JITSU, 3rd DYLLAN WASHAM GRACIE BARRA

GI - Boys - 2002 - Yellow Belt
Middle (116.00)
1st MAXWELL TAIT ART OF JIU JITSU, 2nd PHILLIP LISTER BEVERLY HILLS JIU-JITSU, 3rd NATHANIEL KLIMA CHARLES GRACIE - REDDING

GI - Boys - 2002 - Yellow Belt
Heavy (133.50)
1st DIEGO VALLE CHECKMAT, 2nd JOEY HARO TEAM BRAGA

GI - Boys - 2002 - Orange Belt
Light Feather (89.00)
1st JACOB CISNEROS CLEBER JIU JITSU, 2nd CHRISTOPHER CALDERON BREA JIU JITSU, 3rd DAMIAN HOSOKAWA NOVA UNIAO, 3rd DERRIS ROWLAND ANCHORAGE BRAZILIAN JIU JITSU

GI - Boys - 2002 - Orange Belt
Feather (98.00)
1st GABRIEL WANDERLEY CARLSON GRACIE TEAM, 2nd VINCENT MORALES GRACIE BARRA

GI - Boys - 2002 - Orange Belt
Light (106.50)
1st BRANDON HAIRE ACADEMIX MARTIAL ARTS, 2nd ZACH KAINA ART OF JIU JITSU, 3rd BRANDON MORAGA BJJ REVOLUTION, 3rd ISAIAH RAFAEL LAZARO GRACIE BARRA

GI - Boys - 2002 - Orange Belt
Middle (116.00)
1st TYE RUOTOLO ART OF JIU JITSU, 2nd RAMSES DORSIL ROYCE GRACIE JIU JITSU LA MIRADA

GI - Boys - 2002 - Orange Belt
Medium Heavy (125.00)
1st JOAQUIM (JOACA) OCAMPO ART OF JIU JITSU, 2nd JUAN CHIQUITO CHECKMAT MAFRA

GI - Boys - 2001 - White Belt
Medium Heavy (133.50)
1st JUAN SALAZAR UNITED BRAZILIAN JIU JITSU, 2nd DANIEL RIVAS CARLSON GRACIE TEAM

GI - Boys - 2001 - White Belt
Ultra Heavy (Unlimited)
1st GARY W PRINCE MARCELLINIS MARTIAL ARTS ACADEMY, 2nd GEORGE HERNANDEZ UNITED BRAZILIAN JIU JITSU

GI - Boys - 2001 - Grey Belt
Light (116.00)
1st FRANK CESPEDES FASI SPORT BJJ, 2nd KIT TRAN GFTEAM, 3rd JUSTIN NEU GRACIE BARRA

GI - Boys - 2001 - Grey Belt
Middle (125.00)
1st JASON DOWSER GRACIE BARRA, 2nd CHRIS MENCHACA GRACIE BARRA

GI - Boys - 2001 - Grey Belt
Heavy (143.50)
1st BRYSCO SHEPPARD MMA UNIVERSITY, 2nd ANGEL ESCOBAR BAKERSFIELD BRAZILIAN JIU JITSU, 3rd ZANE COOK GRACIE BARRA

GI - Boys - 2001 - Yellow Belt
Feather (106.50)
1st CROSS COTA CAMARILLO JIU JITSU, 2nd JAKOB NUSSBAUM SAN DIEGO BRAZILIAN JIU JITSU

GI - Boys - 2001 - Yellow Belt
Middle (125.00)
1st CHRISTIAN LARRIVA EMGUARDA / MARCEL LOUZADO, 2nd BRETT MILLER CHECKMAT MAFRA

GI - Boys - 2001 - Yellow Belt
Medium Heavy (133.50)
1st OMAR OROZCO ROYCE GRACIE JIU JITSU LA MIRADA

GI - Boys - 2001 - Yellow Belt
Heavy (143.50)
1st CHRISTIAN LARRIVA EMGUARDA / MARCEL LOUZADO, 2nd KRISTIAN REYES MILLENNIA MMA

GI - Boys - 2001 - Orange Belt
Light (116.00)
1st BRADLEY CHIRINO ART OF JIU JITSU, 2nd SEBASTIAN COATES OUTLIERS JIU JITSU, 3rd JULIO BAUTISTA CHECKMAT

GI - Boys - 2001 - Orange Belt
Middle (125.00)
1st ANDREW MADRID ART OF JIU JITSU, 2nd JAKOB WALSH CHECKMAT

GI - Boys - 2001 - Orange Belt
Medium Heavy (133.50)
1st JOSHUA BOUVIER-PAUL ANCHORAGE BRAZILIAN JIU JITSU, 2nd EMILIO FRANCO RENZO GRACIE MEXICO

GI - Boys - 2001 - Orange Belt
Heavy (143.50)
1st DAVID ELLIOTT ART OF JIU JITSU, 2nd BRANDEN HANCOCK MACHADO, 3rd KAHN ASGILL KA-CHI MIXED MARTIAL ARTS

GI - Boys - 2001 - Green Belt
Heavy (143.50)
1st JACOB KASSAMA VISION BJJ, 2nd TYLER PRICE GRACIE BARRA, 3rd RYLAN OXHOLM ANCHORAGE BRAZILIAN JIU JITSU

GI - Boys - 2000 - White Belt
Light Feather (106.50)
1st ODVAN VARGAS TEAM HARRIS INTERNATIONAL JIU JITSU, 2nd PHOENIX COLLINGRIDGE MMA UNIVERSITY, 3rd JACK FURLONG GRACIE BARRA

GI - Boys - 2000 - White Belt
Feather (116.00)
1st CHRISTIAN ACEVES CHECKMAT MAFRA

GI - Boys - 2000 - White Belt
Ultra Heavy (Unlimited)
1st FRANCISCO MARTINEZ ATOS, 2nd NOAH RODRIGUEZ GRACIE BARRA, 3rd ADRIAN NAVARRO BAKERSFIELD ELITE MARTIAL ARTS

GI - Boys - 2000 - Grey Belt
Feather (116.00)
1st CHRISTOPHER FIGUEROA GRACIE BARRA, 2nd NICK POIRIER UNITED BRAZILIAN JIU JITSU

GI - Boys - 2000 - Grey Belt
Middle (133.50)
1st ANDREW MORALES CHECKMAT THRIVE FRESNO, 2nd ELIJAH PINO DETHRONE BASE CAMP FRESNO

GI - Boys - 2000 - Yellow Belt
Rooster (98.00)
1st SAUL CASTANEDA GFTEAM, 2nd BLAKE WADE ART OF JIU JITSU

GI - Boys - 2000 - Yellow Belt
Feather (116.00)
1st CAMERYN EARHART UNITED BRAZILIAN JIU JITSU, 2nd KENNETH NGUYEN TEAM MAXWELL

GI - Boys - 2000 - Yellow Belt
Heavy (152.50)
1st JOSHUA IRIYE SPEEDY BJJ, 2nd CHANSON CHING ACE JIU JITSU, 3rd TRENTON CHING ACE JIU JITSU

GI - Boys - 2000 - Yellow Belt
Ultra Heavy (Unlimited)
1st CHRISTOPHER PRINCE JR MARCELLINIS MARTIAL ARTS ACADEMY

GI - Boys - 2000 - Orange Belt
Light Feather (106.50)
1st ISAAC LAWRENCE IRON LION JIU-JITSU ACADEMY, 2nd RYAN GONZALES ZENITH BJJ, 3rd ANGELINO RODIL THE STRONGHOLD

GI - Boys - 2000 - Orange Belt
Light (125.00)
1st JOSHUA CISNEROS CLEBER JIU JITSU, 2nd ARES LOYNAB ATOS BJJ SAN DIEGO, 3rd JACOB MOGG ARASHI-DO MARTIAL ARTS

GI - Boys - 2000 - Orange Belt
Medium Heavy (143.50)
1st JORGJI QIRO ART OF JIU JITSU, 2nd ETHAN WELCH BRASA, 3rd CHAPMAN LINGLE CAMARILLO JIU JITSU

GI - Boys - 2000 - Green Belt
Feather (116.00)
1st ISAIH FRANCESCO CALDERON ART OF JIU JITSU, 2nd AARON CURTIN FABIO PRADO BJJ

GI - Boys - 2000 - Green Belt
Medium Heavy (143.50)
1st EVER DEKKEMA GRINGO JIU JITSU, 2nd BRYAN CUEVAS GUERRILLA JIU JITSU, 3rd EMILIANO ALVAREZ GRACIE FIGHTER, 3rd NIKO COMBADO CHECKMAT MAFRA

GI - Boys - 2000 - Green Belt
Super Heavy (161.00)
1st ALBERT RAEZ ART OF JIU JITSU, 2nd TAINAN DALPRA A.S TEAM

GI - Boys - 2000 - Green Belt
Ultra Heavy (Unlimited)
1st COOPER BURNHAM MAROMBA ACADEMIA AUSTRALIA, 2nd DAMIEN GOMEZ GRACIE SOUTH BAY, 3rd JACKIE HUNT BRASA

GI - Female - Juvenile - White Belt
Medium Heavy (143.50)
1st MARISA STEEVES REVOLUTION BJJ, 2nd CAITLYN ACHA JEAN JACQUES MACHADO - TEAM PSD

GI - Female - Juvenile - Blue Belt
Middle (133.50)
1st SOPHIA FLORES ART OF JIU JITSU, 2nd CERINA LOPEZ TEAM BRAGA

GI - Male - Juvenile - White Belt
Light Feather (129.00)
1st ANTONIO MORALES UNITED BRAZILIAN JIU JITSU, 2nd BLAKE STUCKEY UNITED BRAZILIAN JIU JITSU, 3rd BRENT BUNCH GRACIE BARRA

GI - Male - Juvenile - White Belt
Feather (141.50)
1st HRAIR (RAY) MARDIROUSIAN HOUSE OF CHAMPIONS, 2nd JOHN FUENTES BRAZILIAN TOP TEAM LONG BEACH, 3rd JOSEPH ZAMUDIO MILLENNIA MMA/ CHECKMAT MAFRA, 3rd JESSE SANCHEZ SAMPA BJJ

GI - Male - Juvenile - White Belt
Middle (163.50)
1st ROBERT PEREA MARCEL LOUZADO BJJ, 2nd JACOB TOPPS UNITED BRAZILIAN JIU JITSU

GI - Male - Juvenile - White Belt
Heavy (186.00)
1st CAIN ULRICH UNITED BRAZILIAN JIU JITSU

GI - Male - Juvenile - Blue Belt
Light Feather (129.00)
1st KOBE-REESE LEONG KAPOLEI BJJ, 2nd EDDIE LUCERO CASSIO WERNECK JIU JITSU, 3rd SHEA KIRK LOTUS CLUB JIU JITSU, 3rd BRAYDEN SAME XTREME COUTURE MMA

GI - Male - Juvenile - Blue Belt
Light (152.50)
1st EDWARD BILEZEKCHIAN GRACIE BARRA, 2nd JAMES AGUILAR CROSLEY GRACIE TEAM

GI - Male - Juvenile - Blue Belt
Middle (163.50)
1st DILLAN TATUM HARLINGEN JIU JITSU CLUB, 2nd ROBERTO VELA CHECKMAT, 3rd LIAM DALTON ARASHI-DO MARTIAL ARTS

GI - Male - Juvenile - Blue Belt
Heavy (186.00)
1st ERIC GARCIA COBRA KAI JIU JITSU, 2nd PHILLIP MARTINEZ JR. CEPHAS KARATE JU JITSU ELITE ACADEMY

NOGI - KIDS - 2011 - White Belt
Feather (37.00)
1st ROCCO MASON MCCOURT ART OF JIU JITSU

NOGI - KIDS - 2010 - White Belt
Feather (42.00)
1st JUDE PAUL IRON LION JIU-JITSU ACADEMY, 2nd MASSAN WARREN BRAZILIAN TOP TEAM LONG BEACH

NOGI - KIDS - 2010 - White Belt
Light (49.00)
1st EZEKIEL LOPEZ COMBINED MARTIAL SCIENCE, 2nd JEREMY VALDEZ ALL AMERICAN

NOGI - KIDS - 2010 - Grey Belt
Middle (55.00)
1st MARIA ALICE DA SILVA GRACIE HUMAITA

NOGI - KIDS - 2009 - Grey Belt
Light Feather (40.00)
1st ENZO RODRIGUEZ ART OF JIU JITSU

NOGI - KIDS - 2009 - Grey Belt
Feather (46.00)
1st NYA RUOTOLO ART OF JIU JITSU

NOGI - KIDS - 2009 - Grey Belt
Light (53.00)
1st KOLBY GONZALES GRACIE BARRA, 2nd JERMAINE SOTO PHENOM BRAZILIAN JIU JITSU, 3rd CAMILO ARRECHEDERA RENZO GRACIE MEXICO

NOGI - KIDS - 2008 - White Belt
Ultra Heavy (Unlimited)
1st ALEXANDER GARCIA UNITED BRAZILIAN JIU JITSU, 2nd OLIVIA BARRIGA UNITED BRAZILIAN JIU JITSU, 3rd DOMINIC RAMIREZ UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2008 - White Belt
Light (57.00)
1st SONNY BECERRA CHECKMAT MAFRA, 2nd MALACHI LOPEZ COMBINED MARTIAL SCIENCE, 3rd JESSE RODRIGUEZ UNITED BRAZILIAN JIU JITSU, 3rd AIDEN MARTINEZ COMBINED MARTIAL SCIENCE

NOGI - KIDS - 2008 - White Belt
Middle (64.00)
1st ZANDON HOPSON LOTUS CLUB JIU JITSU, 2nd MAGNUS MCFARLANE ARASHI-DO MARTIAL ARTS

NOGI - KIDS - 2008 - Grey Belt
Feather (50.00)
1st JACOB MICHAEL CUSI COBRINHA BJJ, 2nd HADIYA GALVANTE ATOS BJJ SAN DIEGO, 3rd FRANK ZAMBADA ATOS, 3rd JADEN BERNAL FASI SPORT BJJ

NOGI - KIDS - 2008 - Grey Belt
Light (57.00)
1st DANIA SILVA SOUL FIGHTERS, 2nd ANTHONY MENCHACA GRACIE BARRA, 3rd AEDEN PRATA , 3rd NIKOLAI SALINAS UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2008 - Grey Belt
Middle (64.00)
1st ASHLIN NEYLAN SAN DIEGO BRAZILIAN JIU JITSU, 2nd AMES MICHAEL HOEVKER OUTLIERS JIU JITSU

NOGI - KIDS - 2008 - Grey Belt
Light Heavy (71.00)
1st GERONDRICK TAYLOR IRON LION JIU-JITSU ACADEMY, 2nd DANIEL MCCONNAUGHY GRACIE BARRA

NOGI - KIDS - 2007 - White Belt
Ultra Heavy (Unlimited)
1st BRANDON TOPETE UNITED BRAZILIAN JIU JITSU, 2nd GABRIEL SALAZAR UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2007 - White Belt
Light Feather (50.00)
1st CAILIN CANCINO UNITED BRAZILIAN JIU JITSU, 2nd EMILIO CHAGOLLA MILLENNIA MMA

NOGI - KIDS - 2007 - White Belt
Light (64.00)
1st ANTHONY SALDANA GRACIE BARRA, 2nd TRISTEN BAILEY NOS/ATOS, 3rd DOMINIC ACOSTA COMBINED MARTIAL SCIENCE

NOGI - KIDS - 2007 - White Belt
Heavy (85.00)
1st CHRISTIAN LUNA CHECKMAT MAFRA, 2nd DEVIN HARMAN CRUNCH/UFC, 3rd NANDEHI DE LA CERRA-MARTINEZ COMBINED MARTIAL SCIENCE

NOGI - KIDS - 2007 - Grey Belt
Light Feather (50.00)
1st KANOA BROWN RICE BROS BJJ, 2nd MARKUS ZANDER LAUREANO GRACIE BARRA, 3rd HAVEN BAGLER RALPH GRACIE ASSOCIATION OF SACRAMENTO

NOGI - KIDS - 2007 - Grey Belt
Feather (57.00)
1st BRYCE YOUNG UFC GYM, 2nd NOLAN HIMELFARB GRACIE BARRA, 3rd KIRA DESROCHERS ARASHI-DO MARTIAL ARTS, 3rd THOMAS YACKULIC ARASHI-DO MARTIAL ARTS

NOGI - KIDS - 2007 - Grey Belt
Light (64.00)
1st OLIVER SILVESTRO WILL MACHADO, 2nd ISAIAH SALINAS UNITED BRAZILIAN JIU JITSU, 3rd MAKENA ALLEN GRACIE BARRA, 3rd GERRITT VANDERAA COMBINED MARTIAL SCIENCE

NOGI - KIDS - 2007 - Grey Belt
Middle (71.00)
1st CALEB HERNANDEZ GRACIE HUMAITA TEMECULA, 2nd MICHAEL JAMES SALES UNITED BRAZILIAN JIU JITSU, 3rd RYAN LAWRENCE CHARLES GRACIE - REDDING, 3rd BENYAMIN FULLER COBRA KAI JIU JITSU

NOGI - KIDS - 2007 - Grey Belt - Light
Heavy (78.00)
1st LUKAS GARCIA OUTLIERS JIU JITSU, 2nd JOSIAH REMICK UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2007 - Yellow Belt - Light
Feather (50.00)
1st JUELZ DEVERA CHECKMAT THRIVE FRESNO, 2nd TYLER CHI GRACIE BARRA

NOGI - KIDS - 2007 - Yellow Belt
Light (64.00)
1st BRYAN PICALLO VAGNER ROCHA MARTIAL ARTS, 2nd MARIO CARINI SAN DIEGO BRAZILIAN JIU JITSU, 3rd JOREL SAHAY PACIFIC TOP TEAM KELOWNA, 3rd STONE FIGHTMASTER GRACIE BARRA

NOGI - KIDS - 2007 - Yellow Belt
Middle (71.00)
1st ZACHARY COMPTON CHARLES GRACIE - REDDING

NOGI - KIDS - 2007 - Yellow Belt
Heavy (85.00)
1st MARCOS ALVARADO RICE BROS BJJ, 2nd RYAN ATILANO HONOR ROLL BJJ

NOGI - KIDS - 2006 - White Belt
Light Feather (57.00)
1st ALEXANDER RAMIREZ C-QUENCE, 2nd MARK KWOK BLACK HOUSE, 3rd CHRISTIAN ORNELAS UNITED BRAZILIAN JIU JITSU, 3rd COLE PETERSON UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2006 - White Belt
Feather (64.00)
1st ISAAC GHAFFARI GRACIE MORUMBI, 2nd JOSE GALLEGOS GRACIE BARRA, 3rd EDUARDO SANDOVAL BRAZILIAN TOP TEAM LONG BEACH

NOGI - KIDS - 2006 - White Belt
Light (71.00)
1st DAVIN ITO MILLENNIA MMA

NOGI - KIDS - 2006 - White Belt
Middle (78.00)
1st DANICA SMITH LOTUS CLUB JIU JITSU, 2nd JACOB OLSON 10TH PLANET CORONA, 3rd DEVIN MALDONADO CARLSON GRACIE MENIFEE

NOGI - KIDS - 2006 - White Belt
Ultra Heavy (Unlimited)
1st MASON BARRIGA UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2006 - Grey Belt
Light Feather (57.00)
1st MATTHEW TULEY CORRAL MARTIAL ARTS, 2nd JACOB CASTILLO BRAZILIAN TOP TEAM LONG BEACH, 3rd MURPHY HAUGHT IRON LION JIU-JITSU ACADEMY, 3rd ASPEN LANE LIL NINJAS

NOGI - KIDS - 2006 - Grey Belt
Feather (64.00)
1st JOSHUA VALDEZ CONDE KOMA/ CHECKMAT, 2nd BENJAMIN CRAFT ART OF JIU JITSU, 3rd AADAM KUMAR WILL MACHADO, 3rd ANGEL ANCHONDO GRACIE BARRA

NOGI - KIDS - 2006 - Grey Belt
Light (71.00)
1st JACK WILSON ATOS BJJ SAN DIEGO, 2nd AXEL ESPARZA GRACIE HUMAITA TEMECULA

NOGI - KIDS - 2006 - Grey Belt
Middle (78.00)
1st ROBBY BERRY MARCELO ALONSO BJJ, 2nd JOE CORNEJO IV ULTIMATE FITNESS

NOGI - KIDS - 2006 - Grey Belt
Light Heavy (85.00)
1st ROBERT ALANIS GRACIE BARRA, 2nd EUGENIO FRANCO RENZO GRACIE MEXICO, 3rd SKY MCCREA OUTLIERS JIU JITSU, 3rd TAIT BLUM ATOS BJJ SAN DIEGO

NOGI - KIDS - 2006 - Grey Belt
Ultra Heavy (Unlimited)
1st DAVID MUSSATTO IRON LION JIU-JITSU ACADEMY, 2nd MAJDOLINE ZAHER COMBINED MARTIAL SCIENCE

NOGI - KIDS - 2006 - Yellow Belt
Ultra Heavy (Unlimited)
1st KAYDEN CARTEE GFTEAM, 2nd JOSEPH BOWERS NOVA UNIAO, 3rd AERIC AMEREL OAKDALE MMA

NOGI - KIDS - 2006 - Yellow Belt
Light Feather (57.00)
1st MONEE CORDERO FERNY JIU JITSU, 2nd JUNEZ LEGASPI NOVA UNIAO

NOGI - KIDS - 2006 - Yellow Belt
Feather (64.00)
1st KAMRYN DEVERA CHECKMAT THRIVE FRESNO, 2nd MATHEW ARDON COBRINHA BJJ, 3rd JAEDEN BROWN AMERICAN TOP TEAM, 3rd CHRISTIAN CASTILLO LOTUS CLUB JIU JITSU

NOGI - KIDS - 2005 - White Belt
Feather (71.00)
1st EVAN AGUIRRE ATOS, 2nd BRODY CAFFEY CHECKMAT MAFRA, 3rd COHEN RICE ATOS

NOGI - KIDS - 2005 - White Belt
Light (78.00)
1st MIGUEL ESTRADA CAMARILLO JIU JITSU, 2nd PETER DE LA TORRE BRAZILIAN TOP TEAM LONG BEACH

NOGI - KIDS - 2005 - White Belt
Super Heavy (105.00)
1st MARCO SANCHEZ AGUIRRES FIGHTING SYSTEM

NOGI - KIDS - 2005 - Grey Belt
Light Feather (64.00)
1st ANDREW CONDO LOTUS CLUB JIU JITSU, 2nd ANWAR KUMAR WILL MACHADO

NOGI - KIDS - 2005 - Grey Belt
Feather (71.00)
1st NOAH KAHIAU BAUTISTA GRACIE BARRA, 2nd GILBERT NORTHINGTON UNITED BRAZILIAN JIU JITSU, 3rd OLE WATSON ANCHORAGE BRAZILIAN JIU JITSU

NOGI - KIDS - 2005 - Grey Belt
Light Heavy (91.00)
1st TYROL MCFARLANE ARASHI-DO MARTIAL ARTS, 2nd CHRISTIAN JOMAR CRUZ GRACIE BARRA

NOGI - KIDS - 2005 - Yellow Belt
Light Feather (64.00)
1st ELIJAH BENAVIDEZ GRACIE HUMAITA TEMECULA, 2nd JALEN FONACIER COBRINHA BJJ, 3rd ARJUNA BROWN RICE BROS BJJ, 3rd JAKAN LAWRENCE IRON LION JIU-JITSU ACADEMY

NOGI - KIDS - 2005 - Yellow Belt
Feather (71.00)
1st DANIEL DEEDER HONOR ROLL BJJ, 2nd JOSE CONTRERAS SOUL FIGHTERS, 3rd ROMAN CRASTO APEX MARTIAL ARTS

NOGI - KIDS - 2005 - Yellow Belt
Middle (85.00)
1st CRISTIAN MIER CARLSON GRACIE TEAM

NOGI - KIDS - 2005 - Orange Belt
Middle (85.00)
1st WINTER BREGET NOS/ATOS

NOGI - KIDS - 2004 - White Belt
Ultra Heavy (Unlimited)
1st ALEC OLOTEO UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2004 - White Belt
Feather (78.00)
1st CALEB CAFFEY CHECKMAT MAFRA, 2nd DAVID SILVAS 10TH PLANET CORONA, 3rd CONNOR LAVOY CHECKMAT MAFRA

NOGI - KIDS - 2004 - White Belt
Light (84.00)
1st SEMAJ MATTHEWS UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2004 - White Belt
Heavy (104.00)
1st KOLE SMITH LOTUS CLUB JIU JITSU, 2nd ASHTON MULLER MMA UNIVERSITY

NOGI - KIDS - 2004 - Grey Belt
Light Feather (71.00)
1st ETHAN QURESHI GRACIE BARRA, 2nd RYAN TULEY CORRAL MARTIAL ARTS, 3rd KAINOA MAGBUAL UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2004 - Grey Belt
Middle (91.00)
1st BRYCE SMITH LOTUS CLUB JIU JITSU, 2nd ROBERT GARCIA CHECKMAT MAFRA

NOGI - KIDS - 2004 - Grey Belt
Heavy (104.00)
1st JOSH KRUGER BRASA, 2nd ANTHONY RODRIGUEZ UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2004 - Yellow Belt
Ultra Heavy (Unlimited)
1st GIOVANNI MARTINEZ GRACIE BARRA, 2nd LANE JOHNSTON COBRA KAI JIU JITSU

NOGI - KIDS - 2004 - Yellow Belt
Rooster (64.00)
1st JOSHUA MENDOZA CHECKMAT FRESNO

NOGI - KIDS - 2004 - Yellow Belt
Light Feather (71.00)
1st XAVIER CORDERO FERNY JIU JITSU, 2nd LUKE LANDERER SAN DIEGO BRAZILIAN JIU JITSU, 3rd TESORO DE LA CERRA-MARTINEZ COMBINED MARTIAL SCIENCE, 3rd ETHAN ABRAHAM ATOS

NOGI - KIDS - 2004 - Yellow Belt
Feather (78.00)
1st DRAKE VICKERS TOTAL JIU JITSU LA, 2nd DOMENICK ARAPI ATOS, 3rd XAVIER CASTILLO LOTUS CLUB JIU JITSU

NOGI - KIDS - 2004 - Yellow Belt
Light (84.00)
1st STEVEN GOMEZ ART OF JIU JITSU, 2nd DOMINIC KANE LOBO ART OF JIU JITSU

NOGI - KIDS - 2004 - Yellow Belt
Light Heavy (97.00)
1st SAVANNAH GOMEZ GRACIE HUMAITA SOUTH BAY, 2nd SAMUEL BROWN UNITED BRAZILIAN JIU JITSU

NOGI - KIDS - 2004 - Orange Belt
Feather (78.00)
1st INDY FIGHTMASTER GRACIE BARRA, 2nd CALEB CORNFORTH ART OF JIU JITSU

NOGI - KIDS - 2004 - Orange Belt
Ultra Heavy (Unlimited)
1st ENZO GABRIEL CAVALCANTE SILVA GRACIE BARRA

NOGI - KIDS - 2003 - White Belt
Feather (86.00)
1st JASMINE SANCHEZ FASI SPORT BJJ, 2nd RORI RICE ATOS

NOGI - KIDS - 2003 - Grey Belt
Light (95.00)
1st ETHAN KREY CQUENCE JIU JITSU, 2nd JOSE GARCIA CHECKMAT MAFRA, 3rd DARIO AGUSTIN ANTICH FASI SPORT BJJ

NOGI - KIDS - 2003 - Grey Belt
Middle (104.00)
1st KRISTIAN RICH ART OF JIU JITSU

NOGI - KIDS - 2003 - Yellow Belt
Rooster (68.00)
1st ARIEL K. CHENG ACE JIU JITSU, 2nd BENNY ARCANO UFC GYM

NOGI - KIDS - 2003 - Yellow Belt
Feather (86.00)
1st ETHAN JOHNSTON ART OF JIU JITSU, 2nd LEONARDO SILVA SOUL FIGHTERS

NOGI - KIDS - 2003 - Yellow Belt
Light (95.00)
1st JACOB GARCIA ART OF JIU JITSU, 2nd BRYCE MCCOURT ART OF JIU JITSU, 3rd BRETT DALTON ARASHI-DO MARTIAL ARTS, 3rd MIKAYLA FONACIER COBRINHA BJJ

NOGI - KIDS - 2003 - Yellow Belt
Ultra Heavy (Unlimited)
1st XAVIER THOMPSON LOTUS CLUB RIVERSIDE

NOGI - KIDS - 2003 - Orange Belt
Light Feather (77.00)
1st ROMMEL DUNBAR JR. UNITED BRAZILIAN JIU JITSU, 2nd ELAN BREGET NOS/ATOS, 3rd LOGAN PAUL IRON LION JIU-JITSU ACADEMY

NOGI - KIDS - 2003 - Orange Belt
Feather (86.00)
1st MARIO ALVARADO RICE BROS BJJ, 2nd JACOB BROWN ART OF JIU JITSU, 3rd KODI PRICE GRACIE BARRA

NOGI - KIDS - 2003 - Orange Belt
Light (95.00)
1st OSCAR HERRERA ART OF JIU JITSU

NOGI - KIDS - 2003 - Orange Belt
Middle (104.00)
1st KADE RUOTOLO ART OF JIU JITSU, 2nd FRANKIE MORENO EMGUARDA / MARCEL LOUZADO

NOGI - KIDS - 2002 - White Belt
Ultra Heavy (Unlimited)
1st GEORGE HERNANDEZ UNITED BRAZILIAN JIU JITSU

NOGI - Girls - 2010 - White Belt
Light Feather (36.00)
1st JADE ZAZUETA CAMARILLO JIU JITSU, 2nd EMMA ALFARO UNITED BRAZILIAN JIU JITSU

NOGI - Girls - 2008 - Grey Belt
Feather (50.00)
1st LOGAN SHELBY , 2nd HALEY ALFARO UNITED BRAZILIAN JIU JITSU, 3rd SOPHIA ORNELAS ATOS BJJ SAN DIEGO

NOGI - Girls - 2007 - White Belt
Light (64.00)
1st JASMINE CHINCHILLA 10TH PLANET CORONA, 2nd LOLA HUNT LOTUS CLUB JIU JITSU, 3rd CYDNEY BARNES UNITED BRAZILIAN JIU JITSU

NOGI - Girls - 2007 - Grey Belt
Light Feather (50.00)
1st NALANI TACUSALME MAOLI FIGHTER, 2nd JAZELLE CASTANEDA PHENOM BRAZILIAN JIU JITSU

NOGI - Girls - 2007 - Grey Belt
Light Heavy (78.00)
1st FIONA HUYNH GRACIE FIGHTER, 2nd INDI MCCOURT ART OF JIU JITSU, 3rd KATELYN CARRILLO CARLSON GRACIE TEAM

NOGI - Girls - 2006 - Grey Belt
Light Heavy (85.00)
1st MIA ANZO UFC GYM, 2nd ELLIE MEJIA GRACIE BARRA

NOGI - Girls - 2006 - Yellow Belt
Feather (64.00)
1st RHYANNA PRATA

NOGI - Girls - 2006 - Yellow Belt
Middle (78.00)
1st IAN FRITZ UZCATEGUI BJJ, 2nd KRISTA PRICE GRACIE BARRA

NOGI - Girls - 2005 - Grey Belt
Light (78.00)
1st MICHELLE GARCIA FASI SPORT BJJ

NOGI - Girls - 2004 - White Belt
Middle (91.00)
1st ARIELLE NATAL C-QUENCE

NOGI - Girls - 2004 - Grey Belt
Rooster (64.00)
1st RACHEL JONES GRACIE BARRA

NOGI - Girls - 2004 - Grey Belt
Middle (91.00)
1st BLAYNE LOPEZ-GRIGGS ALLIANCE LOS ANGELES, 2nd JOELLE GARCIA ART OF JIU JITSU

NOGI - Girls - 2004 - Yellow Belt
Light Feather (71.00)
1st OLIVIA HERNANDEZ GRACIE HUMAITA TEMECULA, 2nd AYANNA COMPTON CHARLES GRACIE - REDDING

NOGI - Girls - 2003 - White Belt
Super Heavy (131.00)
1st MELANY MOYA UNITED BRAZILIAN JIU JITSU

NOGI - Girls - 2003 - Grey Belt
Light (95.00)
1st JAMEEA GUNN LOTUS CLUB JIU JITSU, 2nd NOELANI HERRERA ATOS

NOGI - Girls - 2003 - Yellow Belt
Light Feather (80.00)
1st ABIGAIL FRITZ UZCATEGUI BJJ, 2nd SYDNEE EARHART UNITED BRAZILIAN JIU JITSU

NOGI - Girls - 2003 - Yellow Belt
Light (95.00)
1st MIKAYLA FONACIER COBRINHA BJJ

NOGI - Girls - 2002 - Grey Belt
Feather (95.00)
1st KAMERON SUDOL CHECKMAT MAFRA, 2nd EMILY SWAY GRACIE HUMAITA SAN DIEGO/DEL MAR

NOGI - Girls - 2002 - Yellow Belt
Middle (113.00)
1st ALYSSA SIMONICH OAKDALE MMA, 2nd ALEIJA ACKERMANN FASI SPORT BJJ, 3rd ATHENA WILLDEN COBRA KAI JIU JITSU, 3rd SKYLAH MCCOURT ART OF JIU JITSU

NOGI - Girls - 2001 - White Belt
Light Heavy (131.00)
1st MYA COMPTON UNITED BRAZILIAN JIU JITSU

NOGI - Girls - 2001 - Grey Belt
Light Feather (95.00)
1st MICAH ELYZA LAUREANO GRACIE BARRA, 2nd NICOLETTE SUDOL CHECKMAT MAFRA, 3rd MALIA MAGBUAL UNITED BRAZILIAN JIU JITSU

NOGI - Girls - 2001 - Grey Belt
Light Heavy (131.00)
1st ALANAH JUEZAN GRACIE BARRA, 2nd PARIS CESENA SYNDICATE MMA, 3rd VEGA SHERMAN GRACIE BARRA

NOGI - Girls - 2001 - Yellow Belt
Light Feather (95.00)
1st JANELLE TKACZUK ART OF JIU JITSU

NOGI - Girls - 2001 - Yellow Belt
Feather (104.00)
1st DANIELLE GARCIA CHECKMAT MAFRA, 2nd KIRSTEN BANALES CAMARILLO JIU JITSU

NOGI - Girls - 2001 - Orange Belt
Light (113.00)
1st SERENA MYERS CARLOS FARIAS BJJ

NOGI - Girls - 2000 - White Belt
Ultra Heavy (Unlimited)
1st CAITLYN ACHA JEAN JACQUES MACHADO - TEAM PSD, 2nd ISABELLA BARRIGA UNITED BRAZILIAN JIU JITSU

NOGI - Girls - 2000 - Yellow Belt
Light (122.00)
1st AZUCENA CHIQUITO CHECKMAT MAFRA, 2nd AUDREY CHENG ACE JIU JITSU, 3rd MILLI MCCOURT ART OF JIU JITSU

NOGI - Girls - 2000 - Green Belt
Light Heavy (140.00)
1st SARAH PAUL IRON LION JIU-JITSU ACADEMY

NOGI - Boys - 2002 - White Belt
Light (104.00)
1st ANTHONY LOPEZ CHECKMAT MAFRA, 2nd JAIME MISQUEZ ATOS

NOGI - Boys - 2002 - White Belt
Middle (113.00)
1st ANDREW MEDRANO ATOS, 2nd TY BAILEY NOS/ATOS

NOGI - Boys - 2002 - Grey Belt
Light Feather (86.00)
1st JAKE MALLARI COBRINHA BJJ

NOGI - Boys - 2002 - Grey Belt
Light (104.00)
1st JAMES SANCHEZ UNITED BRAZILIAN JIU JITSU, 2nd LINCOLN SUTTNER SAN DIEGO BRAZILIAN JIU JITSU

NOGI - Boys - 2002 - Grey Belt
Middle (113.00)
1st JOSE GARCIA FASI SPORT BJJ, 2nd THOMAS HEALEY SAN DIEGO BRAZILIAN JIU JITSU

NOGI - Boys - 2002 - Grey Belt
Ultra Heavy (Unlimited)
1st OLANDIS MATHES GRACIE HUMAITA - DEL MAR

NOGI - Boys - 2002 - Yellow Belt
Light Feather (86.00)
1st COCO IZUTSU ART OF JIU JITSU

NOGI - Boys - 2002 - Yellow Belt
Middle (113.00)
1st NATHANIEL KLIMA CHARLES GRACIE - REDDING

NOGI - Boys - 2002 - Yellow Belt
Super Heavy (140.00)
1st DIEGO VALLE CHECKMAT, 2nd KRISTIAN REYES MILLENNIA MMA

NOGI - Boys - 2002 - Orange Belt
Feather (95.00)
1st GABRIEL WANDERLEY CARLSON GRACIE TEAM, 2nd DERRIS ROWLAND ANCHORAGE BRAZILIAN JIU JITSU

NOGI - Boys - 2002 - Orange Belt
Light (104.00)
1st TYE RUOTOLO ART OF JIU JITSU, 2nd BRANDON HAIRE ACADEMIX MARTIAL ARTS, 3rd BRANDON MORAGA BJJ REVOLUTION

NOGI - Boys - 2002 - Orange Belt
Middle (113.00)
1st LOUIS BENITEZ SOUL FIGHTERS, 2nd ISAIAH RAFAEL LAZARO GRACIE BARRA, 3rd CHRISTIAN VUKAJ ART OF JIU JITSU

NOGI - Boys - 2002 - Orange Belt
Heavy (131.00)
1st JUAN CHIQUITO CHECKMAT MAFRA, 2nd EMILIO FRANCO RENZO GRACIE MEXICO

NOGI - Boys - 2001 - White Belt
Light Heavy (131.00)
1st JUAN SALAZAR UNITED BRAZILIAN JIU JITSU

NOGI - Boys - 2001 - Grey Belt
Light Feather (95.00)
1st ERNESTO GRIJELVA UNITED BRAZILIAN JIU JITSU

NOGI - Boys - 2001 - Grey Belt
Light (113.00)
1st FRANK CESPEDES FASI SPORT BJJ

NOGI - Boys - 2001 - Grey Belt
Heavy (140.00)
1st BRYSCO SHEPPARD MMA UNIVERSITY

NOGI - Boys - 2001 - Orange Belt
Light (113.00)
1st BRADLEY CHIRINO ART OF JIU JITSU

NOGI - Boys - 2001 - Orange Belt
Light Heavy (131.00)
1st JOSHUA BOUVIER-PAUL ANCHORAGE BRAZILIAN JIU JITSU

NOGI - Boys - 2001 - Orange Belt
Heavy (140.00)
1st DAVID ELLIOTT ART OF JIU JITSU, 2nd KAHN ASGILL KA-CHI MIXED MARTIAL ARTS

NOGI - Boys - 2000 - White Belt
Feather (113.00)
1st CHRISTIAN ACEVES CHECKMAT MAFRA, 2nd PHOENIX COLLINGRIDGE MMA UNIVERSITY

NOGI - Boys - 2000 - White Belt
Ultra Heavy (Unlimited)
1st FRANCISCO MARTINEZ ATOS

NOGI - Boys - 2000 - Yellow Belt
Light (122.00)
1st BRETT MILLER CHECKMAT MAFRA, 2nd CAMERYN EARHART UNITED BRAZILIAN JIU JITSU

NOGI - Boys - 2000 - Yellow Belt
Light Heavy (140.00)
1st TRENTON CHING ACE JIU JITSU, 2nd CHANSON CHING ACE JIU JITSU, 3rd CHRISTIAN LARRIVA EMGUARDA / MARCEL LOUZADO

NOGI - Boys - 2000 - Orange Belt
Light Feather (104.00)
1st ISAAC LAWRENCE IRON LION JIU-JITSU ACADEMY

NOGI - Boys - 2000 - Orange Belt
Light (122.00)
1st JORGJI QIRO ART OF JIU JITSU, 2nd JACOB MOGG ARASHI-DO MARTIAL ARTS

NOGI - Boys - 2000 - Orange Belt
Light Heavy (140.00)
1st ETHAN WELCH BRASA

NOGI - Boys - 2000 - Green Belt
Feather (113.00)
1st ISAIH FRANCESCO CALDERON ART OF JIU JITSU

NOGI - Boys - 2000 - Green Belt
Light Heavy (140.00)
1st BRYAN CUEVAS GUERRILLA JIU JITSU, 2nd NIKO COMBADO CHECKMAT MAFRA

NOGI - Boys - 2000 - Green Belt
Super Heavy (158.00)
1st TAINAN DALPRA A.S TEAM, 2nd JACKIE HUNT BRASA

NOGI - Boys - 2000 - Green Belt
Ultra Heavy (Unlimited)
1st ALBERT RAEZ ART OF JIU JITSU, 2nd COOPER BURNHAM MAROMBA ACADEMIA AUSTRALIA, 3rd DAMIEN GOMEZ GRACIE SOUTH BAY

NOGI - Male - Juvenile - White Belt
Feather (136.00)
1st JOSEPH ZAMUDIO MILLENNIA MMA/ CHECKMAT MAFRA, 2nd JOHN FUENTES BRAZILIAN TOP TEAM LONG BEACH, 3rd MEHRAN HOSSAIN UNITED BRAZILIAN JIU JITSU

NOGI - Male - Juvenile - White Belt
Middle (158.00)
1st HRAIR (RAY) MARDIROUSIAN HOUSE OF CHAMPIONS, 2nd ROBERT PEREA MARCEL LOUZADO BJJ, 3rd JACOB TOPPS UNITED BRAZILIAN JIU JITSU

NOGI - Male - Juvenile - White Belt
Heavy (180.00)
1st CAIN ULRICH UNITED BRAZILIAN JIU JITSU

NOGI - Male - Juvenile - Blue Belt
Light Feather (125.00)
1st KOBE-REESE LEONG KAPOLEI BJJ, 2nd BRAYDEN SAME XTREME COUTURE MMA

NOGI - Male - Juvenile - Blue Belt
Feather (136.00)
1st LIAM MOSS ART OF JIU JITSU

NOGI - Male - Juvenile - Blue Belt
Middle (158.00)
1st DILLAN TATUM HARLINGEN JIU JITSU CLUB, 2nd LIAM DALTON ARASHI-DO MARTIAL ARTS, 3rd EDWARD BILEZEKCHIAN GRACIE BARRA, 3rd JAMES AGUILAR CROSLEY GRACIE TEAM

NOGI - Male - Juvenile - Blue Belt
Medium Heavy (169.00)
1st ERIC GARCIA COBRA KAI JIU JITSU, 2nd PHILLIP MARTINEZ JR. CEPHAS KARATE JU JITSU ELITE ACADEMY

jjm

GI 411

"WHAT WAS THE NAME OF THAT GI THAT GUY WAS WEARING?" It's a common question, often times the name escapes even the most seasoned gi sophisticate. For that reason we went through the task of collecting the name and web address of every gi maker we could find. If there's someone missing, or if you're a gi company that would like your logo included let us know. Email **gis@jiujitsumag.com**

#

93 Brand
rollmore.com/brand_93%20Brand

31 Fift
31fift .com

A

Adidas
acsgear.com

Aggrobrand
store.aggrobrand.com

A&P (Albino & Preto)
Shoyoroll.com

Aesthetic
fightaesthetic.com

AK
akbjj.com

Armadura
armadura.us

Armor Kimonos
akbjj.com

Arte Suave
shop.artesuaveclothing.com/products

Atama
atamausa.com

B

Bad Boy
badboy.com

Badger
badgerkimonos.com

Battle Gear
battlegearbjj.com

BC Kimonos
bckimonos.ca

BJJ Globetrotters
bjjglobetrotters.com

BJJ Religion
bjjreligion.com

BJJ Sports
bjjsports.com

Black Eagle
black-eagle.co.uk

Blank Kimonos
fightersmarket.com

Brazil Combat
brazilcombat.com

Brazilian Fightwear
brazilianfightwear.com

Break Point
breakpointfc.com

Bull Terrier
btfightgear.com

C

Century
centurymartialarts.com

Combat Corner
combatcorner.com

Combat Skin
combatskin.com

Competidor
facebook.com/CompetidorBrand

Conca Fight Gear
conca.us

Contract Killer
contractkillerclothing.com

CTRL Industries
ctrlindustries.com

D

Da Firma
dafirmabjj.com

Datsusara
dsgear.com

Day By Day
daybydayjiujitsu.com

Detales
detalesclothing.com

Do Or Die
doordie.com

Dokebi Bros
dokebicombat.com

Dom Fight Gear
domgear.com

Dragao
shop.dragaokimonos.com

DX Kimonos
facebook.com/DxBjj

E

Enzo
enzokimono.com

Ezekiel
facebook.com/EzekielKimono

F

Faixa Rua
faixarua.co.uk

Falcon
falconbrandltd.com

Fenom
fenomkimonos.com

Flow Kimonos
flowkimonos.com

Fluxk
www.fluxk.com/bjj

Freestyle Customs
freestylecustoms.net

Fudoshin
tatamifightwear.com

Fuji
fujisports.com

Furia
furiastore.com

Fushida
fushida.ca

G

Gambaru Fightwear
gambarufightwear.co.uk

Gameness
gameness.com

Gawakoto
store.gawakotoclothing.co.uk

Gorilla Gear
gorillagear.ca

Grab And Pull
grabandpull.co.uk

Gracie Barra Wear
gbwear.com

Grips
gripsathletics.com

Ground Game
groundgameshop.com

Groundwork Gear
groundworkgear.com

Grunt Work Clothing
gruntworkclothing.com

Grypp Styles
gryppstyles.com

H

Happy Kimonos
happykimonos.webs.com

Hayabusa
hayabusafight.com

HCK (Howard Combat Kimonos)
howardliu.com

Hyperfly
doordie.com

Hypnotik
bjjwarehouse.com/hypnotik

I

Inverted Gear
invertedgear.com

Isami
isami-eng.com

J

JACO
jacoclothing.com

Jiu-Jitsu Athletica
brazilianfightwear.com

Jiu-Jitsu Pro Gear
jiujitsuprogear.com

Just A Girl
justagirlbjj.com

K

K2 Fight Gear
k2fightgear.com

Kauai Kimonos
kauaikimonos.com

Keiko
keikosports.com
keikousa.com

Killer Bee
killerbeegi.com

KINGZ
kingzkimonos.com

KO Sports Gear
kosportsgear.com

Koral
koralusa.com

Kozen
kozenfighter.com

Krugans
krugans-usa.com

L

Lanky Fight Gear
lankyfg.com

Life And Death
lifeanddeathkimonos.com

Loyal
loyalbjj.com

Lucky Gi
myluckygi.com

M

MKimonos
mkimonos.com

Macaco Branco
macacobranco.com

Maeda
maedabrand.com

Manilla Kimonos
manilakimonos.com

Manto
mantousa.com
mantofight.com

Mata Leon Kimonos
mataleonkimonos.com

Maximus Kimonos
maximuskimonos.com

Meerkatsu
meerkatsu.com

Modern Flow
modernflowbrand.com

Moya Brand
moyabrand.com

Muae Wear
muaewear.com

N

Naja
najaextreme.com

O

OK! Kimonos
okkimonos.com

Omega Maniac
omegamaniac.com

Onda
shop.ondabjj.com

Origin
originmaine.com

OSS Clothing
ossclothing.com

OSS Kimonos (Brazil)
osskimonos.com.br

OTM (On The Mat)
onthemat.com

Ouano
ouano.com

P

Padilla & Sons
matrat.us

Piranha Gear
piranhagear.com

Platinum BJJ
platinumbjj.com

Podium
podiumjiujitsu.com

Prana Gi Company
pranagicompany.com

Pressure Brand
pressurebrand.com

ProForce Martial Arts
proforcema.com

Progress
progressjj.co.uk

Proma Gear
promagear.com

Q-R

Red Nose
rednoseusa.com

Red Star
redstarbjj.com

Reevo
reevomma.com

Rei-Gi
rei-gi.com

Ring To Cage
ringtocage.com

Roger Gracie Kimonos
brazilianfightwear.com

Roll Junkie
rolljunkie.com

Roll Supreme
rollsupreme.com

Roots Brand
shop.rollwithroots.com

Ronin
facebook.com/RoninBrandGis

Royal Combat
royalcombat.com

S

Scramble
scramblestuff.us

Senso
sensobjj.com

Shimono Kimonos
shimonokimonos.com

Shodan Kimonos
facebook.com/ShodanKimonos

Shoyoroll
shoyoroll.com

Soul Kimonos
www.soulkimonos.bigcartel.com

Soul Roll Jiu-Jitsu
soulrolljiujitsu.com

Storm
stormkimonos.com

Strike Fightwear
strikefightwear.com

Sub Apparel
subapparel.com

Subculture USA
subcultureusa.com

Submission Fight Co.
submissionfc.com

Submission Sniper
submissionsniper.com

Submit One
facebook.com/submitoneclothing

T

Tatakai
fightingrocktopus.com

Tatami Fightwear
tatamifightwear.com

Triumph United
triumphunited.com

Tufrol
tufrol.com

Tukano kimonos
tukanokimonos.com

U-V

Valor
valorfightwear.com

Vandal Kimonos
vandalkimonos.com

VHTS (Very Hard To Submit)
vhtsny.com

Veni Vidi Vici
vvvfightco.com

Venum
venumfight.com

Vulkan
vulkanstore.com

W-Z

War Tribe
wartribegear.com

X-Guard Brand
www.xguardbrand.com

Yudan Kimonos
facebook.com/yudan.kimonos

Zombie Kimonos
zombiekimonos.com

Powered By: Gameness

CHRIS GARCIA

WHEN CHRIS GARCIA DISCOVERED JIU-JITSU FOR THE FIRST TIME, HE WAS A LITTLE INTIMIDATED. Weighing in at 220 lbs might not seem like a lot but on his 5' 6" frame is was a lot more than he was comfortable with. In just a few years, Chris has managed to go from a size 40 waistline down to a 33 while shedding over 18% of his body weight. Check out Chris' story.

Age: 37 | **Height:** 5'6"
Starting Weight: 220
Current Weight: 180
Hometown: Mckinney, Tx
Home School: RCJ Machado
Instructor: Michael Madeley - Carlos Machado black belt

How did you discover jiu-jitsu?

Like many people, I heard of jiu-jitsu thanks to Royce Gracie and the UFC. I always thought that was cool stuff but never thought that someone like me, at the time, could do anything like that. Years and years went by and I found my self being less and less active. Eventually, I looked at myself and knew that I had to make a change. My blood pressure was high, and my cholesterol was through the roof. The doctor prescribed meds, but I vowed to make changes instead relying on drugs the rest of my life. It was then that I decided I had to make a change. A better diet and an active lifestyle were what I needed. Then I remembered jiu-jitsu.

What motivates you to train?

Initially, the motivation was simply to get moving. Then it became to tap out one of the new white belts. Later, it was to not get tapped out by a blue belt. Then, it became getting the blue belt. Now, my motivation is to become a little better than the day before. I have fully accepted that I will win or learn. Tapping is learning, and learning keeps me motivated.

What else do you do for physical fitness?

Over the past year, I have been doing Camp Gladiator. It is a boot camp style

workout. Other than that, I like to try to hit the mats as often as possible.

How have you changed your diet?

I used to eat at McDonalds and Wendy's all the time! Ice cream was the norm, and Cherry Pepsi was my drink of choice. On occasion, I still have ice cream. However, now I see more greens on my plate than ever before. Avocados have become a staple at our house and no more Pepsi, nothing but water these days.

What's been the biggest challenge so far?

The biggest challenge has been dealing with chronic injury. I have slipped discs in my lower back; that tends to bother me quite a bit. I'm nearing the end of my 30's and things hurt more often. Making the time to stretch and foam roll tends to be on the back burner most days. It is a struggle to do some of the things I know I should.

What's been the best benefit from the changes you've made?

My blood pressure and cholesterol numbers are in completely normal ranges now. From the doctor telling me that I will need to be on meds to him telling me that I have completely changed my future for the better. Being healthy was always what I wanted. Now, I am healthier and feel more comfortable in uncomfortable situations thanks to jiu-jitsu.

What advice would you give to someone else looking to make the same sort of change?

Jump in! I once heard this quote, "It is better to try and to fail than to fail to try." Once you try it, it may become addictive. Life changes when you start doing something you like. Soon it will become something that you love. Everyone starts to notice your confidence. They notice the physical changes in your body along with the positive changes in your spirit. There's nothing better! *jjm*

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